

Mark Wahlberg's Big Arms Blueprint

AUG 2015 £3.99



# Men's Health

## TRAIN & GAIN

Build A Beach Body The Smart Way  
(This Man Knows A Few Good Tricks)

## 32

REASONS TO FORGET  
ABOUT CHOLESTEROL

## GET BACK IN SHAPE!

You Had It Once, Now Reclaim It

## BURN 997 CALORIES ...AT LUNCH

## MAKE YOURSELF 23% FASTER

## 98

LAST MINUTE TIPS  
FOR 11<sup>TH</sup> HOUR ABS

## JUNK FOOD FOR KALE ADDICTS!

## THE ★ PIN-UPS ★ ISSUE!

ARNIE: LEARN FROM  
THE ORIGINAL GYM BRO

HOT HEALTH ADVICE  
FROM CENTREFOLDS!

90s BOY BANDS Vs THE  
MH 6-PACK CHALLENGE

3 PILLS THAT MAKE YOU  
REALLY GOOD LOOKING!

MARK WAHLBERG, 44, ACTOR, PRODUCER,  
PURVEYOR OF GOURMET HAMBURGERS (TRUTH)



IS NOVAK DJOKOVIC THE WORLD'S FITTEST ATHLETE?











CHANEL



# DRIVE RESPONSIBLY.

BMW i8, the most progressive sports car, has been named Best Eco Car at The Telegraph Cars Awards 2015. Combining sports car performance with ultra-low emissions, this hybrid re-defines the meaning of driving pleasure.

[becomeelectric.co.uk/i8](http://becomeelectric.co.uk/i8)



Official fuel economy figures for the BMW i8: Weighted combined cycle: mpg 134.5 (2.1 l/100km), CO<sub>2</sub> emissions 49g/km, power (weighted combined cycle) 11.9 kWh, customer-orientated total range up to 373 miles. Maximum electric range value 23 miles, climatic conditions, route characteristics and preconditioning. The BMW i8 is a plug in hybrid electric vehicle that requires mains electricity for charging.



BMW i



The Ultimate  
Driving Machine



output (engine) 170/231 kW/hp, power output (electric motor) 96/131 kW/hp, total average energy consumption per 62 miles/100 km common average electric range value (e-Drive only) up to 23 miles. Figures may vary depending on different factors, including but not limited to individual driving style,





In the lead role: John Travolta, movie legend and aviation aficionado. Guest star: the legendary North American X-15 that has smashed all speed and altitude records and opened the gateway to space. Production: Breitling, the privileged partner of aviation thanks to its reliable, accurate and innovative instruments – such as the famous Chronomat, the ultimate chronograph. Welcome to a world of legends, feats and performance.

**BREITLING.COM**



# WELCOME TO MY WORLD



CHRONOMAT 44



INSTRUMENTS FOR PROFESSIONALS™





## NUTRITION

### P54 GRILLS LAID BARE

We test grilling machines, to guarantee your barbecue protein fix come rain or shine

### P104 ARE YOU EATING TOO CLEAN?

MH investigates orthorexia – the obsession with healthy food that could be doing you ill

### P129 6-PACK FLAT BREAD

Tuck into the overstuffed sandwich that burns extra calories and cuts any bloating



## FITNESS

### P27 THE ICEMAN RUNNETH

How keeping your cool in a race-day warm-up will leave the opposition frozen

### P59 FIT TO SERVE?

Our man reports for duty to check if the latest US gym-class craze passes muster

### P92 NOVAK'S ADVANTAGE

What makes the champion's champion Djokovic the fittest athlete of all time?



## WEIGHTLOSS

### P36 A BURNING DESIRE

Let model and workout maverick Jeanette show you how to torch 500kcal in 30min

### P47 GET LEAN AND FAST

The easy mental trick that makes interval sprints 23% more effective for melting flab

### P131 SHOOT FROM THE HIP

Become a top gun at the pistol squat and fire your metabolism up in ten reps. Take aim



## HEALTH

### P20 FIDO ERGO SUM

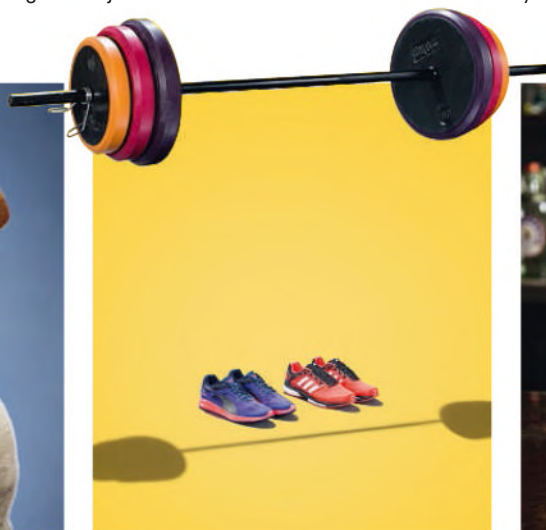
Discover why some face time with a canine companion will brush up your immunity

### P51 PULL THE PLUG ON STRESS

Working too much is taking us down. Use our advice to switch off, level out and cheer up

### P147 THE 3-MINUTE TUNE UP

Take our pop quiz to find out how to get your body and mind on the right track



## MUSCLE

### P49 CAN WE EVEN LIFT, BRO?

Buddy up for a new PB. Why training with a mate is the friendliest shot of HGH around

### P70 FROM BOYS TO MEN

See how four former boybanders remixed their routines to relaunch their physiques

### P114 THE DO-ANYWHERE WORKOUT

This is how to build full-body strength with a small bit of space and one tiny piece of kit



## SKILLS

### P23 KUNG FU FITNESS

How to master the kip up for gymnastic agility, Bruce Lee abs and party-trick kudos

### P125 STRETCH YOURSELF

The yoga gear and ideas you need to move from no-go to yogi. Chanting not necessary

### P137 SHAKEN, NOT SLURRED

The expertise to mix four classic cocktails and the nous to be the last man standing



MH

# IN THIS ISSUE

NEW BEGINNINGS TAKE YOU BACK TO YOUR BEST



## ON THE COVER

### P38 MARK WAHLBERG

How his career has gone from strength to strength – and the big-arms workout that works

### P34 MELT CHOLESTEROL

Why fat will see your heart health land butter-side up

### P24 JUNK FOOD REDUX

Filthy burgers with #clean credentials. Pass the sauce

### P29 HANDSOME PILLS

The new supps that will pop a cap in the signs of ageing

### P98 LAST-MINUTE ABS

Land leaner than when you took off with our 11-hour plan

### P120 GET BACK IN SHAPE

You're 4 weeks away from being the man you were

COVER CREDITS  
PHOTOGRAPHY BY  
PATRIK GIARDINO

## DOCTOR'S ORDERS

GET SIX OF SCIENCE'S HOTTEST PRESCRIPTIONS TO LIVE A LONG, HEALTHY AND VERY FRUITFUL LIFE ON P84



# THE EXPERT PANEL

ALLOW THIS MONTH'S SELECTION OF HEALTH SPECIALISTS TO REDEFINE YOUR PHYSIQUE AND REFINE YOUR MIND



## FRIENDLY FRYER DR ASEEM MALHOTRA

Cardiologist Dr Malhotra is a trailblazer for the fats-are-good movement. He explains how cholesterol could save your life **p34**



## ICE YOUR RIVALS DAX MOY

Cooling down your warm-up will set you up for a PB this summer. Master-level PT Moy gives you the inside track **p27**



## EAT HAPPY MEALS ALAN ARAGON

A truly well-balanced diet is dirtier than you'd think. Nutritionist Aragon identifies your #eatclean tipping point **p104**



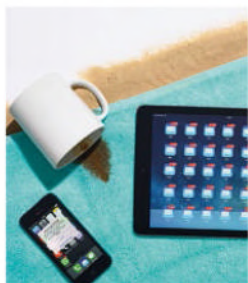
## TOE-TAG JETLAG ADRIA WU

Cordon Bleu-trained chef Wu whips up two simple holiday recovery dishes to get your body back in the right time zone **p65**



## COURT GREATNESS SIMON BARNES

The former *Times* chief sports writer breaks down Novak Djokovic so you can learn from his hard-earned advances **p92**



## TURN BURNOUT OFF HUGH ROBERTSON

Our work-lives are out of whack. The TUC's health and safety officer explains how to keep progressing without stressing **p51**

## THIS ISSUE IS BROUGHT TO YOU BY...

12 PERSONAL TRAINERS

12 MEN'S STYLE INSIDERS

10 MENTAL HEALTH PROS

6 LEADING CHEFS

5 HEALTH RESEARCHERS

4 NOUGHTIES POP STARS

4 NUTRITIONISTS

4 ELITE ATHLETES

2 NATURAL BODYBUILDERS

2 TRICHOLOGISTS

2 DOCTORS

2 PHYSIOTHERAPISTS

1 GASTROENTEROLOGIST

1 NEUROSCIENTIST

TOTAL **67** EXPERTS

# Men'sHealth

EDITOR  
TOBY WISEMAN

DEPUTY EDITOR  
MIKE SHALLCROSS

CREATIVE DIRECTOR  
DECLAN FAHY

PHOTO DIRECTOR  
RACHAEL CLARK

SENIOR EDITOR  
DAVID MORTON

PRODUCTION EDITOR  
JOHN-PAUL NICHOLAS

COMMISSIONING EDITOR  
ALEX HARRIS

ART DIRECTOR  
JAMIE SAGE

FEATURES EDITOR  
DANIEL MASOLIVER

SENIOR STYLE EDITOR  
ERIC DOWN

ASSOCIATE EDITOR (STYLE)  
JAMIE MILLAR

COMMISSIONING EDITOR  
CARLENE THOMAS-BAILEY

CHIEF SUBEDITOR  
SCARLETT WRENCH

STAFF WRITER  
EMILY BADIOZZAMAN

PICTURE EDITOR  
CINDY PARTHONNAUD

DEPUTY PICTURE EDITOR  
SAM JOBSON

DESIGNER  
JESSICA WEBB

STYLE ASSISTANT  
RICCARDO CHIUDIONI

DEPUTY DIGITAL EDITOR  
TOM BANHAM

DIGITAL DIRECTOR  
ED VANSTONE

ASSISTANT DIGITAL EDITOR  
EDWARD LANE

PRODUCT DEVELOPMENT MANAGER  
MARK PEACOCK

ART EDITOR, BOOKS  
GRAEME SAPSED

## GROUP PUBLISHING DIRECTOR

ALUN WILLIAMS

ASSOCIATE PUBLISHER

LUKE ROBINS

ADVERTISING MANAGER

TOM LAKE

SENIOR ACCOUNT MANAGER

MORGAN HARRISON-DOYLE

SALES EXECUTIVE

JAMES FISHER

GROUP CREATIVE SOLUTIONS ART DIRECTOR

BEN BRILEY

PROMOTIONS PROJECT MANAGER

VICTORIA STEPHEN

PRODUCTION MANAGER

ROGER BILSLAND

MARKETING DIRECTOR

CLAIRE MATTHEWS

PR MANAGER

BEN BOLTON

DIRECTOR OF COMMUNICATIONS

LISA QUINN

STRATEGY AND PRODUCT DIRECTOR

LEE WILKINSON

CHIEF TECHNICAL OFFICER

DARREN GOLDSBY

MANAGING DIRECTOR, BRANDS

MICHAEL ROWLEY

CEO, HEARST MAGAZINES UK  
ANNA JONES

## HEARST-RODALE JOINT BOARD OF DIRECTORS

PRESIDENT AND CEO, HEARST MAGAZINES INTERNATIONAL  
DUNCAN EDWARDS

ACTING CHIEF FINANCIAL OFFICER, HEARST MAGAZINES UK  
PETER CHARLES

SENIOR VICE PRESIDENT, RODALE INTERNATIONAL  
ROBERT NOVICK

MEN'S HEALTH IS PUBLISHED IN THE UK BY HEARST RODALE LIMITED, A JOINT VENTURE BY HEARST MAGAZINES UK, A WHOLLY OWNED SUBSIDIARY OF THE HEARST CORPORATION, AND RODALE INTERNATIONAL, A DIVISION OF RODALE INC. MEN'S HEALTH IS A TRADEMARK OF, AND IS USED UNDER LICENCE FROM, RODALE INC. HEARST RODALE LTD, 33 BROADWICK STREET, LONDON W1F 0DD. TEL: 020 7339 4400. FAX: 020 7339 4444. RODALE'S MEN'S HEALTH (ISSN 1356-7438). COPYRIGHT © 2015. ALL RIGHTS RESERVED. MEN'S HEALTH IS PRINTED AND BOUND BY WYNDEHAM HERON, THE BENTALL COMPLEX, COLCHESTER ROAD, HEYBRIDGE, MALDON, ESSEX CM9 4NW. DISTRIBUTION BY COMAG. PUBLISHED 11 TIMES A YEAR. CONDITIONS APPLY. FOR ANNUAL SUBSCRIPTION RATES, PLEASE CALL OUR ENQUIRY LINE ON 0844 848 1601. INTERNATIONAL +44 (0)1858 438794. BACK ISSUES, CUSTOMER ENQUIRIES, CHANGE OF ADDRESS AND ORDERS TO: MEN'S HEALTH, HEARST MAGAZINES UK, TOWER HOUSE, SOVEREIGN PARK, LATHKILL STREET, MARKET HARBOUROUGH, LEICESTER LE16 9EF (0844 848 6203; MONDAY TO FRIDAY, 8AM-9.30PM AND SATURDAY, 8AM-4PM. CREDIT CARD HOTLINE: 0844 848 1601). MEN'S HEALTH, ISSN 1356-7438, IS PUBLISHED MONTHLY, 11 TIMES PER YEAR BY HEARST RODALE LIMITED C/O USACAN MEDIA DIST. SRV. CORP. AT 26 POWER DAM WAY SUITE S1-S3, PLATTSBURGH, NY 12901. PERIODICALS POSTAGE PAID AT PLATTSBURGH, NY. POSTMASTER: SEND ADDRESS CHANGES TO MEN'S HEALTH C/O EXPRESS MAG, PO BOX 2769, PLATTSBURGH, NY 12901-0239



MENSHEALTH.CO.UK



PRADA

LUNA ROSSA SPORT

THE NEW FRAGRANCE FROM PRADA





# FIND THE ONE

Acqua di Parma's new  
Colonia Club fragrance  
offers the perfect balance  
between the classic and the  
contemporary. A fresh  
modern fragrance inspired  
by the iconic Colonia from  
1916. Shop the Colonia Club  
range exclusively in-store or  
online at [johnlewis.com](http://johnlewis.com)

ACQUA  
DI  
PARMA



Never Knowingly Undersold  
on quality | on price | on service

John Lewis  
in store | online | mobile

Exclusive to John Lewis until 3rd August 2015. Our commitment to value means that we match the prices of high street competitors (this excludes online-only or mail order businesses). Service conditions must be comparable. See our 'Never Knowingly Undersold' leaflet in our shops or online for details.



# EDITOR'S LETTER

## LET OUR PIN-UPS ISSUE PEAK YOUR PERFORMANCE

PAGE  
**46**

Grab a board and head into the blue for your improved pre-season warm-up. It will keep you shore-footed



PAGE  
**70**

MH challenged four icons of pop to recapture their calendar-worthy physiques. (Auto)tune up your own fitness programme to give your body its encore

PAGE  
**84**

Stretch your lifespan with the new science of longevity. Our guide will help you become a picture of good health



PAGE  
**92**

What separates the great from the truly legendary? MH dissects Novak Djokovic, the world's most complete athlete



PAGE  
**38**

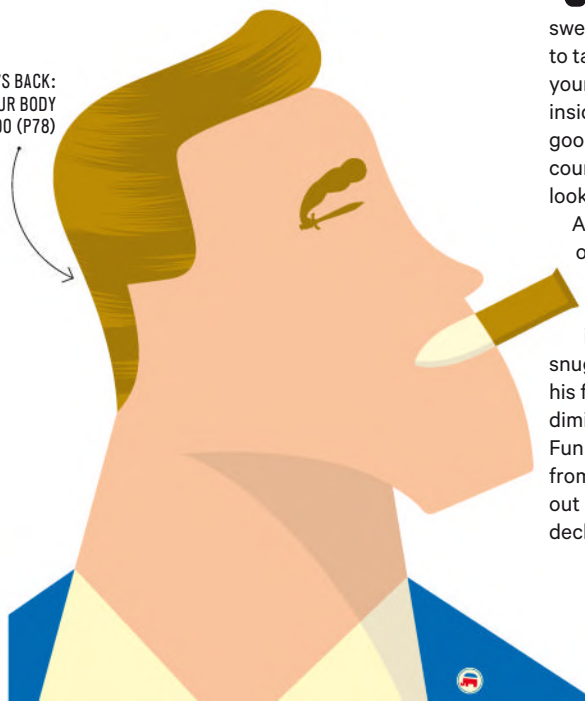
Meet your new life coach. Mr Mark Wahlberg gave us the skinny on how he made getting bigger his business during a 25-year career



PAGE  
**98**

Fast-track your journey to holiday confidence with our 11th-hour fitness plan

ARNIE'S BACK:  
HONE YOUR BODY  
TO A T-1000 (P78)



What drives you to the gym or out to the park? Is it an act of defiance against unfinished to-do lists? Could it be a paunch to assault or a hangover to sweat out? Maybe you're just starting to take your health seriously? Whatever your professed motivation, the angel inside you tells you it's all about feeling good, but you don't need his sinister counterpart to help you appreciate that looking better is an added bonus.

And for some men it's a very lucrative one. Our cover star Mark Wahlberg is now a fully-fledged polymath – actor, producer, restaurateur – but it was having a physique worthy of snuggling up to Kate Moss that provided his first foothold. (OK, we don't want to diminish the musical endeavours of his Funky Bunch, but when did you last hear from Hector The Booty Inspector?) Find out how to build success from the pec deck up in our exclusive interview (p38).

Of course, no discussion of the poster boys of fitness is complete without the original icon of male strength Arnold Schwarzenegger, whose journey from penniless immigrant to Governor of the USA's most gilded state was made via the weights room. Stick around to read the strictly unauthorised oral history of the ultimate American dream on p78.

And finally, on p70, your girlfriend's original dream men are back. With a vengeance. Under the tutelage of *Men's Health* the guys from Blue, Westlife and Boyzone who you used to drown out with Eminem and Audioslave have been busy getting back to their Noughties prime for her delectation. You might not thank us initially, but we have included their workout programmes and nutritional secrets. When you cannot defeat your enemy, learn to sing his song.

**TOBY WISEMAN**  
BSME EDITOR OF THE YEAR



real watches **for** real people



Oris Big Crown ProPilot Altimeter  
Patented automatic mechanical movement  
with mechanical altimeter  
Matt-satin stainless steel case  
Water resistant to 10 bar/100 m  
[www.oris.ch](http://www.oris.ch)

**ORIS**  
Swiss Made Watches  
Since  1904



# ASK MH

FROM CANUTE TO CUTE: TURN BACK HAIR LOSS

## THE BIG QUESTION



# Q

## CAN I BUY A REAL BALDNESS CURE AT MY LOCAL CHEMIST?

TOM WEYBRIDGE

If you see yourself as more Matthew McConaughey than Prince William, your first port of call should be minoxidil: it has a 52% success rate, according to Duke University, with little-to-no side effects. You'll see it in shops as Regaine, but the shelves will soon be awash with competitors, as the patent on minoxidil has recently been lifted. **It works in two ways: widening hair follicles, which results in thicker strands, and extending the follicles' life cycle, so your thatch regrows thicker.** Start using it as soon as you notice your hair thinning, says trichologist Mark Blake. Once your locks are gone they're, well, gone. If you're itching to try it, opt for the foam version – it's lower in alcohol, which will reduce any actual itching.

If you're further gone, Propecia is the other big wig, with an 80% success rate

at preventing further hair loss. You'll need a prescription for it, but you can get one from your sofa through Boots' online clinic. "Propecia encourages growth by blocking the enzyme that causes accumulation of hair-thinning hormone DHT around the follicle," says GP Dr Helen Webberley. It's worth considering the side effects, though. It can lower your sex drive and fertility, and has even been linked to male breast cancer. Check in with your GP before beginning any treatment.

When it comes to parting with your cash, minoxidil's patent lift means it will soon be available at a price that won't add to your hair loss. **A year's supply currently sets you back about £180, compared to £490 for Propecia.** Either way, you don't need to be on Rooney's day rate to be able to afford it.

THINNING? YOUR PARTING NEEDN'T INVOLVE MUCH SWEET SORROW

## HOW TO SHAVE YOUR HEAD

If it's time to take off those last few Homer-like sprigs, these DIY tips will save on trips to the barber

### ...IF YOU HAVE STUBBLE



"Finish shaving roughly mid-ear," says Tom Bell, head barber at Man Made London.

"If you want to get that little bit closer on top, shave across the grain, which caps off the remaining hairs and minimises irritation."

### ...IF YOU HAVE A BEARD



"Finish at the top of your ear," says Bell. "Your ears are most likely uneven, so if

you're right-handed, shave to the top of your left ear first. Place your left index finger as a guide on the right for an even result."

### ...IF YOU HAVE A BUMPY SKULL



"Shave with the grain. This will reduce pull or drag," says Bell, "and pulling the

scalp taut will help reach those indented areas." If you do cut yourself, rub in a bit of Vaseline – it won't sting and will stop bigger cuts from forming scabs.



# ASK MH

THE BEST MASSAGE? WE'VE ALL YOU KNEAD TO KNOW

## Q IS IT BETTER TO HAVE A MASSAGE BEFORE OR AFTER EXERCISE, TO FEEL THE BENEFIT?

FRANK, OXFORD

It can be either, depending on what you want to get out of it. A pre-session rub-down that focuses on endorphin production should last no longer than 30 minutes and focus on light stretching. "It'll increase flexibility and reduce your risk of injury," says physio Matt Todman.

Post-workout, McMaster University researchers found that 10 minutes of Swedish massage reduced exercise-induced inflammation, akin to ibuprofen. Ask your therapist to go deep, to aid lymphatic drainage, curb swelling and boost recovery. Thumbs up – and in.

## DOES IT WORK?



## Q MY GIRLFRIEND SAYS DRINKING CLAY POWDER HELPS HER SHED POUNDS. SHE'S LOST IT, RIGHT?

IAN, ABERDEEN

It's as ridiculous as it sounds. We assume you're talking about bentonite, the so-called "healing clay".

When a volcanic ash is touted as a weightloss aid because it swells to 12 times its original volume in your stomach, alarm bells should ring. You'd be right to be sceptical about its detoxifying properties too. The Food Standards Agency has warned that some bentonite you can buy online contains high levels of lead and arsenic, which will do more than just stop hunger. Just be careful how you tell her – she might erupt.



## AMI NORMAL?

## I FEEL MY PHONE BUZZ EVEN WHEN IT'S OFF. WHAT'S HAPPENING?

OLLY, CHESTER

That moment of frantically frisking yourself for a non-existent phone call has a name. According to *Computers in Human Behavior*, 89% of us experience "phantom vibration syndrome". The sensation of your jeans rubbing together, for example, causes tiny vibrations which your nervous system has adapted to recognise as being produced by a phone, says neuroscientist Sliman Bensmaia. If it's instilled in you that missed calls mean hell at work, this triggers a stress response. **But it's nothing a bit of mental rewiring can't fix. Turn off your voicemail, so you don't feel you have to dive before it diverts,** and train yourself to ignore any random bleeps and buzzes. Think of it as switching your concerns to silent.



↑  
IT'S TIME TO EXORCISE THAT PHANTOM RING

## Q HOW CAN I START DOING CALLISTHENICS AND NOT LOOK LIKE A NOVICE?

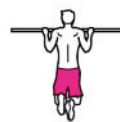
AIDAN, YEOVIL

There's a split-second during most callisthenics holds when it could go either way – the picture of poise, or looking as if a UFC behemoth has dumped you on the canvas. The key to ruling the bar is to begin far from it. Aside from your core, the most important things to develop

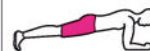
are your coordination and the ability to activate multiple muscles simultaneously. Begin with band-assisted pulls, inverted rows and press-ups on your knees, then graduate to pull-ups and press-ups. "These will help you maintain form and strengthen your core, which will help keep your body rigid," says callisthenics coach Bernie Gomm from Bare Fitness. Remember: if you're starting from the bottom, the only way is muscle-up.

## PULLING POWER

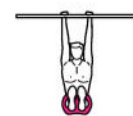
Save face by making sure you can complete these reps before you take on any bar moves



**17 PULL-UPS = ONE-ARM PULL-UP**  
Start on your max pull-up rep count and drop a rep per set (5, 4, 3, 2, 1). To double your score, add one rep to your lowest set each day.



**90-SECOND PLANK = MUSCLE-UP**  
Your core is key for muscle-ups. On your first try, use a false grip by bending your wrists over the bar, so your palms are facing the ground.



**10 DEAD PULL-UPS + HANGING LEG RAISES = FRONT LEVER**  
Ease in by trying a tuck lever first. Roll your hips back until your torso is parallel to the ground.



# THE MECHANICAL REVOLUTION OF SWATCH



OFFICIAL SPONSOR OF  
**LONDON  
COLLECTIONS  
MEN**

**swatch**<sup>®</sup>  
SYSTEM 51



# ONE OBSESSION

#LIVEYOURS



MARK CAVENDISH  
IN THE WIND TUNNEL

©2015 OAKLEY, INC.

  
OAKLEY



# AGENDA



17

**HOT GEAR FOR  
COOL RUNNING**  
PAGE 30

07

**HEALTHY  
BURGER  
REVAMPS**  
PAGE 24



**PUT YOUR RACE  
RIVALS ON ICE**  
PAGE 27

10



21

**WHY  
BUTTER'S  
A SMART  
CHOICE**  
PAGE 34



05

**KUNG-FU  
MUSCLE  
MOVES**  
PAGE 23

## SUMMER SHORTCUTS

AUGUST 2015

19

**RAISE  
YOUR  
GLASSES**  
PAGE 32



12

**MODEL  
LOOKS  
FROM  
A PILL**  
PAGE 29





# THE DROOL RULES OF IMMUNITY

There's a new solution to feeling ruff. Research shows dog slobber gives your immune system a boost. Call it man's best friend with benefits

Whether it's a slobbery lab or a pug-sized handbag-filler coming at you, to swat away your dog is to do your body a disservice. A University of Arizona team believes the bacteria in canine saliva could be the missing link in your immune system. The theory is the modern-day obsession with hygiene has left our bodies incapable of reacting to unfamiliar substances, making us hypersensitive to harmless allergens such as pollen. Dogs work much like a probiotic, helping you to develop healthy bacteria colonies that prevent you from getting ill. Whether you head to your local rescue centre to teach an old dog new tricks, or pick up a puppy, your new multivitamin comes with four legs.



WHEN BUGS  
BITE, APPLY A  
LITTLE BARK

## > A DOG IS FOR LIFE

We've sniffed out three more health-improving treats. You can let out the lead on longevity

### PROSTATE CANCER

Pub fact: trained dogs can identify one of man's big killers with 90% certainty. A wet nose is better than a latex-gloved finger. *Journal of Urology*

### HIGH BLOOD PRESSURE

If work has you close to boiling point, a pet can help you cool off. A game of fetch curbs stress and reduces your blood pressure. *Hypertension*

### HEART DISEASE

Beating this can be as simple as staying active. Letting Fido drag you around the park will double your weekly mileage. *Victoria Uni, Canada*

## HEALTH NEWSFEED 08.2015

### > SPECIAL BREWS

If you can't stomach another green tea, here are the best and worst alternatives to make more of your mid-morning break



#### REDBUSH

This South African blend is a fat-loss elixir. A *Phytomedicine* study found it raises metabolism and inhibits the formation of fat cells. Top of the teapots.



#### ASSAM

If you hate coffee but suffer from energy slumps, sip on this Indian tea. It packs a 86mg caffeine hit plus L-theanine, which aids focus but negates the post-caffeine comedown.



#### HIBISCUS

Worried that stress is making your blood boil? Try drinking three cups of hibiscus tea a day. Tufts University found it lowers BP by up to seven points, which reduces your risk of stroke.



#### ENGLISH

Don't let your builder's brew habit spill over. More than seven cups a day is linked to a 50% increase in prostate cancer risk, says Glasgow University.



#### SCALDING

Leaving your tea to cool could save your life. A *BMJ* study found that drinking tea when it's too hot makes you eight times more likely to get oesophageal cancer. Don't let it burn.



NO \$!@#,  
SHERLOCK!

Calling an ambulance improves your odds of surviving a heart attack  
**Acute Cardiac Care Congress**

POUR OVER THESE

LEAF IT OUT

WORDS: TED LANE | PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS | WITH THANKS TO REGGIE, THE MEN'S HEALTH OFFICE DOG



# JIMMY CHOO MAN



KIT HARRINGTON FOR THE FIRST MEN'S FRAGRANCE



A JUST-SHAVED SMOOTH FEELING THAT LASTS.

AND LASTS. AND LASTS. AND LASTS. AND LASTS.

AND YOU GET THE IDEA.



**Fusion**  
**PROGLIDE**  
WITH FLEXBALL™ TECHNOLOGY  
**#FLEXBALL**

FEEL JUST-SHAVED SMOOTH ALL DAY.   
FLEXBALL + GEL WITH SKINCARE

**Gillette**  
THE BEST A MAN CAN GET™



# FLIP OUT FOR KUNG FU MUSCLE

The **KIP-UP** is a blockbuster move that straddles martial arts, parkour and gymnastics. Nail it to develop abs of steel and Bruce Lee agility

**T**he second thing kung fu movies bring to mind is extreme acrobatic prowess (bad dubbing obviously being the first). We can only hope to replicate most of these tricks on a games console; the kip-up, however, is a Bruce Lee staple attainable by any fit person. Master this move and you'll gain full-body coordination and explosive power: the first steps to beach-ready results. Generating the thrust to lift yourself off the floor requires a burst of strength from your lower body and shoulders to match any clean and press, firing up your fast twitch muscle fibres and triggering growth. But this move isn't just about brute force. The split-second gap between kicking out and springing off your hands is crucial – it'll take zen-like focus to land. You'll soon see the rewards outside the dojo: on the tennis court as well as during mortal combat.

01

## SET UP

Grab a mat or hit the park and lie on your back, your palms flat on the floor either side of your head. A Japanese proverb says trying is half the battle.



02

## SPRING BACK

With your legs bent, roll your thighs up toward your shoulders so the bottom half of your back leaves the floor. Think coiled spring.



03

## KICK HARD

When your knees are almost touching your shoulders, explode upwards from the hips and kick away from your torso as hard as you can.



04

## TAKE FLIGHT

Push off through your shoulders by driving your hands into the floor. As you push off, swing your legs under your body in a circular motion.

05

## LAND SAFELY

Swing your hands up and over to generate forward momentum. Landing on the balls of your feet, drop into a squat to cushion your landing as your torso comes over. Bow.

WHAT  
YOU'LL  
GAIN



EXPLOSIVE LOWER  
BODY POWER



STRONG, BROAD  
SHOULDERS



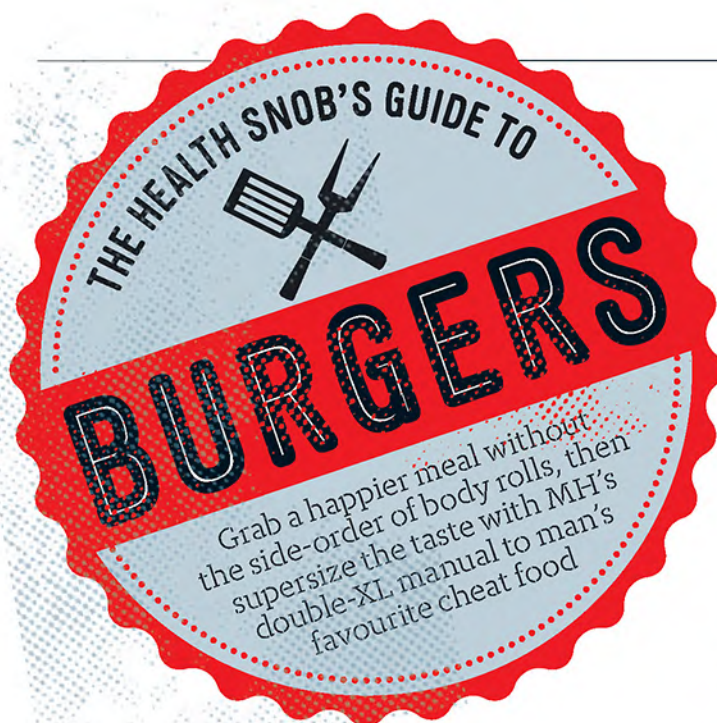
SHAOLIN-STYLE  
COORDINATION



AN UNSURPASSABLE  
PARTY TRICK

THE BEST  
EXERCISE  
YOU'RE  
NOT DOING





01

## MEAT YOUR MATCH

The surge in gourmet burger joints means a McFlatPatty drive-thru is less tempting than ever. Apply the same principles to your own grill and you can turn DIY cheat meals into muscle manna. "The first rule: always use the best meat you can afford," says Patty & Bun operations manager Tom Monaghan. That means no 2-for-1 lean mince deals; low-fat equals gritty patties (20% fat is ideal). Calorie-fearing? Save your burger for after legs day, Chuck.



### i BEEF

It's all in the cut. The Soho House group's famous Dirty Burger uses rump and sirloin, says founder Nick Jones. Bone marrow adds juiciness and immune-supporting glycine. Stock up at your local butcher.



### ii CHICKEN

Take a hiatus from grilled cow with this white-meat protein hit. Brine the bird for 12hr, says Honest Burger's Tom Barton. Drench in buttermilk, coat in breadcrumbs and spice, and deep fry. That's a *real* cheat meal.



### iii LAMB

Leg cuts offer the best flavour and serve you a below-the-belt boost of fertility-aiding carnitine. Opt for a medium grind, says Jones. "And don't squash it too hard – the meat should still crumble in your mouth."



### iv VENISON

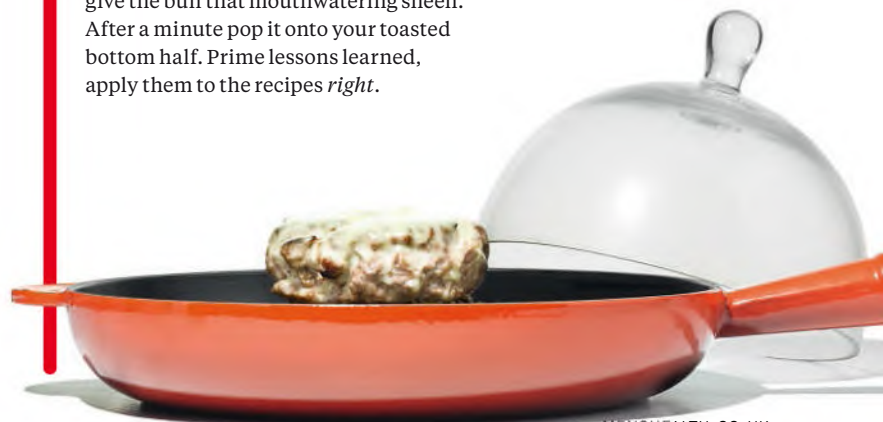
Stuck in a beef rut? Try deer. The meat is very lean, so bind with bacon lardons in a 3:1 ratio. Then cook the patties immediately; salt draws out moisture, says Barton. Which is also why you only season on the grill.

02

## TO THE GRILL STATIONS

Despite claims from the self-appointed King, flame-grilled isn't best. As well as heating unevenly, your barbecue serves up carcinogens. Invest in a heavy-based frying pan such as Le Creuset's (£125 [lecreuset.co.uk](http://lecreuset.co.uk)). "Most butchers won't go to the bother of grinding up £3 of meat," says Barton, so add some elbow grease yourself using the Weston Manual Meat Grinder (£22 [wayfair.com](http://wayfair.com)). And while hand-shaped patties may look rustic, they cook erratically. Use a Sagaform Press instead (£18 [hypedesignlondon.co.uk](http://hypedesignlondon.co.uk)).

Gourmet results come from treating your patty like steak. "Heat the pan until smoking," says Barton. No need for oil – the fat will melt out and stop the burger sticking. Tis the season to, well, season. Add your salt now. After three minutes, flip the patty. Now comes the pro trick: lay cheese on top, cover with the bun top then drip water around the outside. As it hisses, cover with a Utopia Glass Cloche (£14 [nobleexpress.co.uk](http://nobleexpress.co.uk)); the steam will give the bun that mouthwatering sheen. After a minute pop it onto your toasted bottom half. Prime lessons learned, apply them to the recipes *right*.





# 03

## THE HEALTH SAVER MENU

Cooking your burger on a high heat will have given it a nicely caramelised crust while keeping it juicy on the inside. Perfection attained, watch you don't fall down at the assembly stage.

Overloading your burger is a sin, says Barton. Get too complicated and you risk masking the flavour of prime meat as well as undermining the structural integrity of the bun. "All you really want is salty meat, sweet relish and the richness of cheese," says Barton. "Pickles often end up on the McDonald's floor, but in a proper burger the vinegar cuts through the richness." Lettuce leaves are fine, but avoid edging toward the full Subway-sandwich experience. Finally, swap your multipack of white rolls for a buttery brioche bun.



### i MULTI-VITAMIN LAMB BURGER

#### INGREDIENTS

- Lamb mince, 150g
- Coriander, handful
- A red chilli, sliced
- Courgette, ¼, sliced
- Pickled aubergine
- Cumin seeds, 1tsp
- Mayo, 1tsp

#### METHOD

Mix the meat with finely chopped coriander and chilli and shape into patties. The herb fights harmful bacteria, so you can gun for pink. Fry the courgette, then the burger. Mix mayo and cumin, then smear it on your bun for extra antioxidants.



### ii BIG LIFTS BEEF BURGER

#### INGREDIENTS

- Beef mince, 150g
- Bacon, rasher
- Red onion relish, heaped 1tsp
- Mature cheddar cheese, slice
- Gherkins, sliced

#### METHOD

While your patty is sizzling, grill the smoked bacon until it's shatter-in-the-mouth crisp. The pork offers phosphorous for stronger bones, while quercetin in your relish curbs inflammation. Bite into a burger that will painproof your workouts.



### iii BAMBI'S LEGS DAY BURGER

#### INGREDIENTS

- Venison, 100g
- Bacon lardons, 35g
- Onion, ½, sliced
- Butter, big slice
- Stilton, sliced
- Red pepper, sliced and grilled

#### METHOD

Grind your meat, shape and cook. Venison's creatine is ideal when you're supersizing. Brown the onion in butter, then add it to your patty with stilton, which provides casein for muscle fuel. Sear the pepper with a blowtorch while you cloche.



### iv POST-GYM ZINGER

#### INGREDIENTS

- A chicken breast
- Flour, 140g
- Paprika, 1tsp
- Chilli powder, 1tsp
- Peanut oil, 250ml
- Mustard, 1tsp
- Mayo, 1tsp

#### METHOD

Prep the chicken as stated (left), coating in flour and spice. Bring the oil to 180°C – its high smoke point reduces carcinogens while its fats support heart health. Sizzle for 6min. Up your mayo's anti-cancer cred with mustard. Spread liberally.

## RELISH THESE

Ketchup is just red sugar. Simmer these for 30min and dollop



### BP-CUTTING MUSTARD

- Mustard seeds, 3tsp
- Dark beer, ½ pint
- Honey, 2tsp
- Turmeric, pinch
- Cider vinegar, 1tbsp



### FAT-MELTING SAUCE

- Passata, ½ jar
- Balsamic vinegar, 4tbsp
- Apple, chopped
- Chilli powder, 1tsp
- Worcestershire sauce, 1tbsp



### ANTI-CANCER RELISH

- Olive oil, 1tbsp
- Cumin, 2tsp
- Chopped tomatoes, can
- Garlic & onion, 1tbsp
- Red chilli, chopped





JAKE  
**GYLLENHAAL**

FOREST  
**WHITAKER**

RACHEL  
AND **McADAMS**

# SOUTHPAW

DIRECTED BY ANTOINE FUQUA, DIRECTOR OF TRAINING DAY AND THE EQUALIZER WRITTEN BY KURT SUTTER

THE WEINSTEIN COMPANY AND VANDIA PICTURES PRESENT A RICHE PRODUCTION IN ASSOCIATION WITH ESCAPE ARTISTS AND FUQUA FILMS AN ANTOINE FUQUA FILM JAKE GYLLENHAAL FOREST WHITAKER "SOUTHPAW" NAOMIE HARRIS  
CURTIS "50 CENT" JACKSON DONA LAURENCE AND RACHEL McADAMS COSTUME DESIGNER MARY VERNIEL, C.S.A. LINDSAY GRAHAM, C.S.A. EXECUTIVE PRODUCERS DAVID ROBINSON PRODUCED BY JOHN HOULIHAN MUSIC BY JAMES HODNER EDITOR JOHN REEDDA, A.C.E. EXECUTIVE PRODUCERS JASON DEREK FLHILL JESSICA MAURO FIORE, A.C.E.  
PRODUCED BY KAT SAMICK PRODUCED BY BOB WEINSTEIN HARVEY WEINSTEIN GILLIAN ZHAO CARY CHENG JONATHAN GARRISON KURT SUTTER DAVID BLOOMFIELD DAVID RANES DYLAN SELLERS EZRA SWEDELOW PAUL ROSENBERG STUART PARR DAVID SCHIFF  
PRODUCED BY TODD BLACK, P.G.A. JASON BLUMENTHAL, P.G.A. STEVE TISCH, P.G.A. PETER RICHE, P.G.A. ALAN RICHE, P.G.A. ANTOINE FUQUA, P.G.A. JERRY YE, M.P.S.E. BY KURT SUTTER WRITTEN BY ANTOINE FUQUA

**BELIEVE IN HOPE**  
**IN CINEMAS JULY 24**





# THE ICEMAN RUNNETH A NEW PERSONAL BEST

Forget what you think you know about warming up: the prevailing training wisdom has been left in the cold. Icing your muscles before a race is the new way to melt minutes off your best times

When you're on the start line mid-summer, with a sweat very much already on, warming up is the last thing on your mind. And quite rightly so, as it turns out, though perhaps not for the reason you might think. A new study, published in the *Journal of Strength and Conditioning Research*, discovered your usual rounds of high knees and heel flicks can dampen your performance. Instead, you should do the opposite. Strapping frozen gel packs to your hamstrings for the duration of your pre-race routine helps the muscles limber up, while remaining cool at the same time. This is because pre-cooling blunts any negative effect of heat strain, which means you're able to exercise more intensely, especially over the final kilometre. The benefit? Minutes slashed from your 5K PB. Ice your race rivals by using underwrap and tape to strap on cold packs, or wear compression shorts that have pockets for ice inserts (£80 [110playharder.com](http://110playharder.com)). Use with the warm-up below and see seconds melt away.

COOL RUNNINGS:  
FREEZE OUT YOUR  
COMPETITION

## THE COOL WARM-UP

Now employ  
master PT Dax  
Moy's ultimate  
pre-race primer



### STICK IT TO THE COMPETITION

Grab a stick and take a solid stance. Bring the bar from thighs to overhead a few times to limber up your shoulders and open your chest; where you wear your medals.



### DROP IT LIKE IT'S HOT

With the stick across your shoulders, push your hips back and down to drop into a deep squat. Pulse here to open your hips before driving back up to standing.



### HOLD OFF THE SHAKES

Finally, sink into a half squat and hold it. The feeling might be odd with the ice packs on. Return to standing, shake your muscles out then leave the opposition frozen.



# NEW AVENSIS EXCEL

## 0% APR

representative  
over 24 months\*

## £229

per month<sup>^</sup>

Pre-Collision  
Safety System

Touch 2  
multimedia with  
Go Navigation

DAB Radio  
& Bluetooth



TOYOTA

ALWAYS A  
**BETTER** WAY



# WITH ALL THE SAFETY MEASURES YOU NEED TO PROTECT YOUR BANK BALANCE.

**5** year  
TOYOTA  
WARRANTY

MY15 Avensis Excel 2.0 D-4D 5dr Touring Sports. Official Fuel Consumption Figures in mpg (l/100km): Urban 47.9 (5.9), Extra Urban 68.9 (4.1), Combined 58.9 (4.8). CO<sub>2</sub> Emissions 124g/km. The mpg & CO<sub>2</sub> figures quoted are sourced from official EU regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience. Model shown is MY15 Avensis Excel 2.0 D-4D 5dr Touring Sports at £28,440. Price excludes Orion Blue paint at £495. Prices correct at time of going to press.

\*0% APR Representative available on new retail orders of MY15 Avensis when ordered between 1 June and 30 September 2015 and registered and financed through Toyota Financial Services by 31 December 2015 on a 24 month AccessToyota (PCP) plan with 0-32% deposit. <sup>^</sup>Payment shown is based on a 24 month AccessToyota contract with £8,727.99 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC. Registered Office: Great Burgh, Burgh Heath, Epsom, Surrey KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over 16,000 charged at 12p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.



## POP A CAP ON SIGNS OF AGEING

Clear your cabinet of unguents and fortify your sex appeal the easy way. Research suggests you can rejuvenate your skin from the inside

**I**f you're training hard to keep your body young, you don't want your skin lagging (or sagging) behind. Despite what many ads preach, tending to your T-zone won't always cut it. But for men more at ease with post-workout pills than face masks, there is an alternative: 'nutricosmetics' are hitting shelves across the UK. Your gut absorbs more face-friendly nutrients than your skin, which makes pills an efficient way to hold up time's winged chariot. The journal *Skin Pharmacology and Physiology* found some supps increase line-erasing collagen by 65%. And if your crown's slipping, there are also follicle-aiding pills. Try out the below and see a better-looking self tomorrow.



### FIND THE FOUNTAIN OF YOUTH

The supposed benefits of these supps might seem hard to swallow – but they work



#### BEST FOR KEEPING YOUR SKIN YOUNG

DermaColl Verisol Collagen Drink  
£25 amazon.co.uk



#### BEST FOR FIGHTING FLAKES AND DRYNESS

Imedeen Man-agement £45  
imedeen.co.uk



#### BEST FOR PREVENTING HAIR LOSS

Viviscal Man Hair £50  
viviscal.co.uk

SUPPLEMENTS NEWSFEED 08.2015



Extra cocoa makes you more likely to win a Nobel prize

The New England Journal of Medicine



### ▶ CREATINE REVIVAL

Having been wrongly linked to cancer, your favourite muscle aid is now back in the clear. *MH* sorts wheat from chaff



#### CREATINE MONOHYDRATE

The gold standard of muscle aids is cheap and as good for beginners as it is for pros. Go for micronised monohydrate; it dissolves more easily.

Potency ●●●●●  
Solubility ●●●●●



#### CREATINE CITRATE

The most common creatine-related complaint is stomach issues. Opt for citrate if you're sensitive – it's more water-soluble, so easier to digest.

Potency ●●●●●  
Solubility ●●●●●



#### CREATINE SERUM

Tempted to trade pills for serum? The science is harder to swallow. Creatine turns to creatinine in water, a waste product that's found in urine.

Potency ●●●●●  
Solubility ●●●●●



#### CREATINE ETHYL ESTER

Hide your wallet. This supp gives you less bang for more buck. Although pricier than monohydrate, research found it's little more than a placebo.

Potency ●●●●●  
Solubility ●●●●●



Energy shots make cyclists go a bit faster  
Montana State University



## TREND SWEATING HIGH-TEMP TRAINING

# COOLER RUNNINGS IN HOT WEATHER

Whether you dress for function or fashion, sweat is never a good look. Fortunately, we're here to keep you cool in both senses of the word

### 01

#### UNDER THE HOOD

Forget technical fabrics: if you want to keep your temperature down, the best way is to layer with merino wool. Lightweight, moisture-wicking and ultra-breathable, this hoodie looks good enough to wear with jeans for a post-commute pint but will do the performance job handsomely en route. Not convinced? It'll take up next to no room in your bag when bundled up.

**Merino Hooded Jersey**  
£100 [ashmei.com](http://ashmei.com)

### 02

#### THE HIPPIE TRAIL

You might think that bamboo sounds like a textile favoured by the joss stick-lighting types, but it's increasingly becoming the fabric of choice for performance-wear specialists. It's kind to your skin when it rubs, plus it allows air to circulate naturally, ensuring your prize possessions aren't cooked during 10K practice. We like the contemporary cut of these shorts.

**India Ink Athletic Shorts**  
£35 [bambooclothing.co.uk](http://bambooclothing.co.uk)

### 03

#### DON'T SHOW UP

Socks shouldn't be an afterthought. When you're staying at hers, it's a glitch; when you're training, it's a serious error. Most men lose a lot of sweat from their feet, so it pays to buy wisely. These low-cut Nikes are made from a super-thin cotton and are invisible above your ankle line. Your feet will breathe, your kicks won't stink – and you won't commit the style crime VSL (visible sock line).

**Nike No-Show Lightweight Socks** £9 [mrporter.com](http://mrporter.com)

#### FEEL THE HEAT

Gym like a sauna? Good! Hot-weather workouts are the new high-altitude training. Sweat over these stats to become elite in the heat

**06**  
Litres

Water losses of up to this amount have been recorded in distance runners. If you're going long, do so in the AM, when less sweat is lost.

*University of Melbourne*

**FIVE**  
Percent

You'll enjoy this spike in your VO<sub>2</sub>-max after 10 days' cycle training in hot conditions, the effect of which carries over onto cold days.

*University of Oregon*

**40**  
Percent

Find some cold water for your hands during your next high-temp workout to delay the time you take to hit the fatigue point by nearly half.

*Strength & Conditioning*

PHOTOGRAPHY: JULIAN BENJAMIN | MODEL: BEN GREGORY  
AT W ATHLETIC | GROOMING: SABINE CHAMMAS



17  
SWEAT-FREE  
SUMMER

18  
PERSPIRATION  
POWER

A

## 04

### ICED TEE

Another garment made from merino wool, this versatile T will keep you temperate if you're up before the lark, but equally cool when the heat kicks in. It doubles up as a base layer in winter, too, meaning it's truly all-weather kit. Think of it as complex core temperature control made from the stuff your nan knits with. Oh, and they look as good as any essentials on the market.

*IceBreaker Short Sleeve Crew* £65 [icebreaker.com](http://icebreaker.com)

CONSTRUCT A COOL OUTFIT FROM BAMBOO AND WOOL. REALLY

## 05

### COOL YOUR JETS

Unfortunately, man has yet to invent cotton running shoes. The next best thing: Adidas' collaboration with Porsche Design. These trainers are extremely light (lighter than the standard Adidas Boosts) and the top layer is meshed to allow for maximum breathability. You'll leave sweaty feet well behind in your wake. Smart wheels indeed.

*Adidas Porsche Boost* £175 [adidas.com](http://adidas.com)

### STYLE WITH SUBSTANCES

MH's Associate Style Editor Jamie Millar explains why cool dressing is all about going back to basics





# SPECS EDUCATION

Macular damage is on the up, making shades as essential to your health as they are to your swag. Master eyewear expert Coco Tsuji of Lotho helps you pick the right pair

## 01 ► WHAT WILL YOU USE YOUR NEW PAIR FOR?



PURE  
STYLE SPORTING  
GLORY

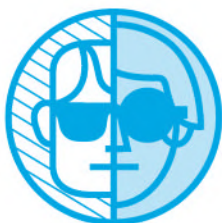
A BIT OF BOTH

## 02 ► WHAT BEST DESCRIBES YOUR NOSE SHAPE?



POSITIVELY  
ELFIN KLITSCHKO'S  
MUGSHOT

## 03 ► WHAT ABOUT YOUR FACE SHAPE?



SQUARE AS  
A HOUSE WELL  
ROUNDED

### STAY IN THE SHADE

On the road, it pays to be a wrap star. Wraparounds protect better against peripheral UV and these exceed the ANSI gold standard for clarity and glare reduction.  
*Oakley Prizm Road Jawbreaker*  
£170 [oakley.com](http://oakley.com)



### FORM AND FUNCTION

Sport-lifestyle glasses can look a bit 'weekend dad'. These frames combine neat lines with the polarized tech required for going from office to bike commute.  
*Oakley Polarized Silver*  
£140 [oakley.com](http://oakley.com)



### HOLD YOUR NOSE

If your proboscis is worthy of Cyrano de Bergerac, yours is a balancing act. A keyhole bridge stops the glasses hanging off a bigger nose, so they won't fall.  
*Illesteva Leonard Round-Frame Sunglasses*  
£140 [mrporter.com](http://mrporter.com)



### BE MORE SQUARE

If you have a round face, round glasses only emphasise it. Opt for something more rigid; the silver pin detailing on this square pair gives these an eye-catching finish.  
*Oliver Peoples LA Coen Square-Frame Acetates*  
£230 [mrporter.com](http://mrporter.com)



### A MODERN CLASSIC

Jumping on trends is a waste of money. Try a classic frame like the Wellington; it's like a Wayfarer and built to last against damage and the whims of fashion.  
*Shwood Francis Titanium Sunglasses*  
£150 [shwoodshop.com](http://shwoodshop.com)



## ► NIFTY SHADES

Dave Barton, founder of the eyewear brand David Kind, matches specs to your skin tone

### i PALE

Go with an olive green or a light-to-medium brown. These tones provide some contrast without being dramatic.

### ii RUDDY

Greys and blues look best, and even out reddish skin. Steer clear of bright frames: you'll look flushed.

### iii TAN/OLIVE

Bold colours and tortoiseshell patterns sit well with you. Translucent frames also suit darker skin.

### iv DARK

Translucent neutrals like taupe or beige are a modern option, but solid-black frames are a classic go-to look.



# I



# RUNNING FASTER

Training across a mix of heart rate zones is the most effective way to strengthen your cardiovascular system. With the TomTom Runner Cardio, you can tailor training programs across your heart rate zones so you can run further and faster.

HEART RATE ON YOUR WRIST

**TOMTOM** 

John Lewis

**runnersneed**  
the running specialists

 **sweatshop**  
WE KNOW RUNNING

**UP & RUNNING**  
Your Running Retailer



# CHOLESTEROL IS NO BAD THING

The second biggest C isn't the death sentence you think. So ignore big pharma drug pushers and turn HDL and LDL into your health allies

**K**now your numbers" warned the '90s ads for Lipitor, a statin that promised to slash cholesterol and, if you were an executive at Pfizer, make you very rich indeed. Over 14 years, the biggest-selling drug in pharmaceutical history earned the company over \$125bn.

It also kickstarted an unhealthy obsession with the c-word. Cholesterol has been implicated in the deaths of 79,000 British men each year due to heart disease. Cut your numbers, stay alive is the prevailing message. Which is why 7m Brits are currently on statins, with others trying to cheat their stats using fortified cereals and margarine.

But cholesterol isn't a villain lurking in your fried eggs, launching attacks on your heart. Many of you will be familiar with the two kinds of cholesterol: 'bad' LDL and 'good' HDL. This notion of substances with two agendas battling it out is wide of the mark.

At the risk of sounding like a new-age philosopher, the truth is cholesterol is both singular and many. Your body needs it to form cell membranes; to produce vitamin D and steroid hormones; to stay alive. Your brain contains a quarter of your body's cholesterol, which may be why low levels are linked to poor cognitive function <sup>1</sup>. Is it wise to keep slashing the recommended quantities <sup>2</sup>? The reality is anything but black and white.

**"You need cholesterol to form cell membranes and make vitamin D – you need it to stay alive"**

Thankfully, the nutritional wind has begun shifting in recent years. Research into a heart disease and inflammation link <sup>3</sup> has taken the spotlight off cholesterol and directed it at sugar. Now, thinking is that cholesterol acts like a sticking plaster in areas of inflammatory damage, blocking your arteries. But what causes that damage in the first place? Sugary diets. For those of you who haven't damaged your blood vessels by mainlining carbs, cholesterol drifts through the body unimpeded and harmless.

But let's not get the message confused. This isn't your carte blanche to chew on bars of lard. Sat fat can still make you fat.

Meats and dairy can still be calorific. You just need to know your onions when it comes to food advertising. Cereals that claim to lower your LDL shouldn't be substitutes for the whole foods you've been taught to fear by years of misinformation. Butter beats oil. Eggs trump bran flakes. If you're truly worried about the health of your heart, the buzzword to keep in mind is inflammation, not cholesterol.

A review from the Baylor University Medical Center found that while low-fat diets might cut overall cholesterol, they often hit HDL more than LDL, shifting your balance the wrong way – even by the statin-pushers' definition.



SPREAD THE WORD:  
BUTTER IS BETTER  
FOR HEART AND MIND

Meanwhile, advice to cut fat isn't nuanced enough to distinguish crisps from the HDL-raisers in an avocado.

So don't stress your numbers; make changes that target inflammation rather than just cholesterol. Eat more omega-3, but less omega-6 and trans fats. Exercise. Replace insulin-spiking carbs with veg and wholegrains. It's not ground-breaking, admittedly. But it's revolutionary in a world where half the population is recommended drugs to counter a disease they may never get, while the rest munch cereal, trying to douse the flames in their body with fire.

## YOUR DEALS WITH THE DEVIL



### 1 BRAIN FUEL

Low cholesterol levels in later life are linked to a raised dementia risk, while statin use has been correlated with poor memory\*.



### 2 BE AWARE

NICE dropped its bar for statin prescription by half last year. This means close to 40% of UK adults can now be offered the drugs.



### 3 FATTEN UP

Avoiding cholesterol-raising sat fat is found to have little effect on heart disease, but losing high-GI carbs has a large impact.



### OUR DEVIL'S ADVOCATE

Top cardiologist Dr Aseem Malhotra is the director of Action on Sugar. He has the key to your heart health



# I



# TRAINING SMARTER

Working out in the correct heart rate zone improves your cardiovascular system and strengthens muscles. With the TomTom Runner Cardio, you can match your training goal with your optimal heart rate zone to get the most out of every run.

HEART RATE ON YOUR WRIST

**TomTom** 

**John Lewis**

**runnersneed**  
the running specialists

**sweatshop**  
WE KNOW RUNNING

**UP & RUNNING**  
Your Running Retailer



# SWING BOTH WAYS TO MUSCLE UP

Full-time model Jeannette Belaouane is here to weigh you up. Bored with one-dimensional routines, she shows you why two-pronged training methods yield double the gains

**M**y training has one basic principle: make it fit with your lifestyle.

If, like me, you're always on the move, the excuses come easy; harder is finding the effort to hit the gym with the intensity required for the body you want.

Doubling up your training methods will allow you to overcome this. Just do weights? Add Pilates. Obsessed with running? Throw in some yoga. And it pays to keep an eye on new ways to train. I'm always sampling new trends such as barrecore just to keep things

exciting. Monotony only breeds one-dimensional results. Start by offsetting the heavy stuff with mobility drills. Then try something new – something uncomfortable or unusual that forces you out of your comfort zone. You won't set new PBs if you plod along and never grow. And for the love of your body, stretch. Today. It'll make you stronger on the bench, plus the flexibility will ensure your gym career isn't cut short. Speaking of which, my mini-workout (*right*) pairs the principles of resistance training with Pilates, so you can bulk up without burnout.



**USERNAME**

jeannebela

**FOLLOWERS**

1060

**OCCUPATION**

Model

**SPECIALITY**

Pilates

THE FITTEST  
WOMEN ON  
Instagram





**TRAINING IN PAIRS**

This simple workout will ensure your body not only adds mass for summer, but doesn't crash in the process

**01 SPRINTS**  
**5 MINUTES**

Jog (quickly now) to the treadmill, whack it on and sprint in bursts, with active recovery (walking or light jogging) in between each sprint. Be careful not to exert yourself to the point of exhaustion; there's plenty more work to be done.

**02 WEIGHTED SQUAT**  
**3 X 12 REPS**

With your legs suitably warm, head to the squat rack and load up a barbell with weight you can take comfortably for around 10 reps, with the effort becoming tiring at reps 11 and 12. Push your hips down and drive up to standing.

**03 CRUNCH**  
**3 X 12 REPS**

Pilates crunches are the most effective sort around. Grab a med ball and raise both legs (bent at 90 degrees), then crunch, pulsating alternating legs out as you rotate to move the ball from side to side. Exhale sharply with each rep.

**04 STRETCH**  
**5 MINUTES**

Consider this your best cool-down yet. Move from foam rolling your back to a cobra – chest and hips lifted, arms extended, as shown – then roll onto your back, arms by your sides, and breathe. You'll be supple for summer.

**500KCAL**

THE NUMBER OF CALORIES BELAQUANE'S CIRCUIT WILL BURN. THAT'S EQUIVALENT TO A COUPLE OF PINTS, FYI. IT'S YOUR ROUND...

SUFFER THE BURN  
WITHOUT BURNING OUT



COVER MODEL MUSCLE  
MARK WAHLBERG

THE

CHANGI

MAN





FROM 'MARKY MARK'  
TO OSCAR-NOMINATED  
ACTOR, FILM  
PRODUCER AND, ER,  
BURGER MAGNATE

NG

**JAILBIRD, PANTS-PEDDLER, OSCAR NOMINEE, AUTEUR  
– THE CAREER OF MARK WAHLBERG COULD HAVE  
BEEN PREDICTED BY NO-ONE, LEAST OF ALL HIMSELF.  
MEN'S HEALTH SAT DOWN FOR SOME LIFE-COACHING  
WITH THE WORLD'S MOST UNLIKELY POLYMATH**

WORDS BY PAUL WILSON | PHOTOGRAPHY BY PATRIK GIARDINO





There's an old movie adage that says, "Film is truth 24 times a second, and every cut is a lie." So perhaps it shouldn't be too surprising when Mark Wahlberg – star of action movies, crime flicks and comedies; producer of his own films, other people's films and four HBO shows – cuts a lie of his own.

"I'm not really in shape," he says, posing for the *MH* cover – a place for men who are, it's fair to say, in pretty good shape. True, he may not have the lithe definition he displayed when stripped down to his Calvins back in 1992. But now, aged 44, there's no denying he's in fine fettle.

What he means, of course, is that he's not currently in super-cut condition because he's on a break between acting jobs. Not that this means downtime. As a father of four (two boys and two girls under 11) with producing commitments, plus a portfolio of other business interests (including, remarkably, part-ownership of a Caribbean cricket team) he has plenty to be getting on with.

"It's hard, yes," he says later, of learning to get the work-life balance right. "It's just that I'm in a unique situation. I'm very passionate about what I do and I'm able to provide for my family in a way that I never dreamed of, certainly in a way my parents weren't able to provide for us [Wahlberg is the youngest of nine siblings]. If my kids want to go to college, they're going to be able to do all those things. Now that they're getting older, it's also easier. I do a lot of travelling; I'm coming home every weekend if I'm on location. Then, if they can, they'll come visit for like two, three weeks, then we can go back and forth."

If he wants to play golf, and he often does, he gets up very early and tees off before breakfast in the Californian sunshine of country clubs not too far from his home in the exclusive enclave of Beverly Park in Los Angeles. Ideal conditions maybe, but Wahlberg is like anyone who looks down the first fairway under fair skies and feels it's going to be their day. It often isn't.

"I'M VERY  
PASSIONATE  
ABOUT WHAT  
I DO AND  
I'M ABLE TO  
PROVIDE FOR  
MY FAMILY IN  
A WAY THAT  
I HAD NEVER  
DREAMED OF"

HARDENED BY A  
TOUGH UPBRINGING  
IN BOSTON, MARK  
WAHLBERG HAS  
COME OUT FIGHTING



BETTER WITH AGE

## A MARKED IMPROVEMENT

*Wahlberg has cemented his standing and reinforced his physique over 25 years of industrious sweat*

UNCREDITABLE



### FUNKY BUNCH

Year-1990 Age-19 Credibility-3

*Good Vibrations* shot to No1 and sent Mr Mark (plus Scottie G, Ashley Ace, DJ-T and Hector The Booty Inspector) platinum.



### CALVIN KLEIN

Year-1992 Age-21 Credibility-6

Still technically Marky Mark, Wahlberg's abs made CK synonymous with boxer shorts. No retouching was used, unbelievably...



### BOOGIE NIGHTS

Year-1997 Age-26 Credibility-7

Wahlberg made it big as Dirk Diggler in Paul Thomas Anderson's highly lauded porn semi-biog, a cult classic almost 20 years on.



### PLANET OF THE APES

Year-2001 Age-30 Credibility-4

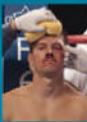
Far from being a classic, but you can't blame a man for paying the bills. (See also: *The Italian Job* and *Date Night*).



### ENTOURAGE

Year-2004 Age-33 Credibility-8

The 'Mr Wahlberg' era begins with producer credits on HBO-worthy TV, along with *Boardwalk Empire* and most of his films.



### THE FIGHTER

Year-2010 Age-39 Credibility-7

His workouts to get into the shape of boxer Mickey Ward became googlebait for gym goers. The film caught two Oscars.



### PAIN & GAIN

Year-2013 Age-42 Credibility-8

The real-life black comedy about a group of deluded bodybuilders prompted Wahlberg to stack on an impressive 18kg.

INCREDIBLE



"If you had asked me [how I am at golf] last week, I would have told you great," he says, "but after this morning's round, I'm ...OK. Scrambling. You're never going to hit perfect shots all the time. It's about how you react to the situations you find yourself in. My handicap's been as low as a five but I'm saying I'm a 15 right now. In fact, I am officially the best 15 in the world," he says, and laughs a dry, one-beat chuckle, then pauses to choose his next sentence carefully. "Would you rather be the best 15 or an average seven?"

### THE RIGHT STUFF

Damn straight. This is Wahlberg all over. Making the best of what you've got is something he has learned to do well, not least because he knows what it's like to do the opposite. As a tearaway teen in Boston, he ran with a gang, got high, stole beer and saw four of his brothers and sisters go to prison. In April 1988, aged 16, he assaulted two Vietnamese men in two unprovoked attacks, one using a piece of wood. He was arrested, charged with attempted murder, pleaded guilty to assault and spent 45 days in jail. "It was pretty scary," he said, in a TV interview in 2012. "There were a lot of neighbourhood guys there and I had a few confrontations. But it was really just a matter of, 'OK, do I want to get in jail, get high, do this sort of thing; or focus, go to church, get out of here and never look back?'"

On his release, there was someone back home to look up to: brother Donnie, a member of the just-going-huge boy band New Kids On The Block. Wahlberg had been in the band briefly before they released a record. (Today Donnie and Mark, with elder brother Paul, own the Wahlburgers restaurant chain, which has been featured in a reality TV show of the same name.)

So the little brother assembled a hip-hop crew, the Funky Bunch, with Donnie on production duty. In July 1991 came a No1 US single and global hit. The video for *Good Vibrations* by Marky Mark and the Funky Bunch prominently displayed the chiselled torso of its lead singer, who had just turned 20. This prized asset attracted greater prominence, with a topless Kate Moss pressed against it, in one of the most iconic advertising campaigns of all-time. In the space of two years, Wahlberg made the transition from Deer Island House of Correction to international stardom.

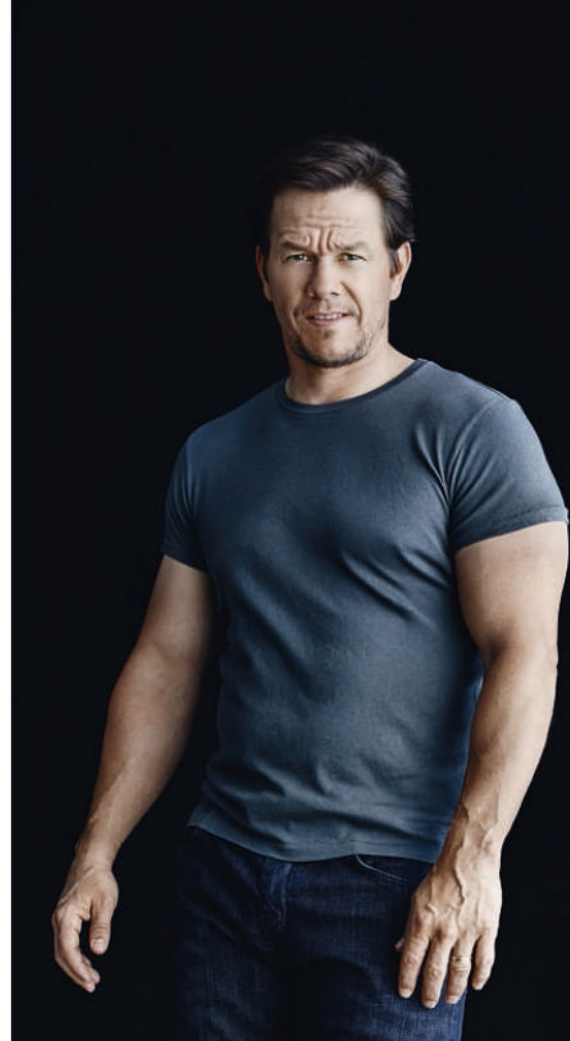
# "DID I WANT TO GET HIGH, END UP IN JAIL? OR FOCUS, AND NEVER LOOK BACK?"

The music fizzled out in 1997, the year he starred as Dirk Diggler in *Boogie Nights*. A few supporting roles and TV-movie appearances hadn't necessarily convinced the world that Marky Mark could act. But *Boogie Nights* certainly did. He was great, just as he was in Gulf war drama *Three Kings* with George Clooney. Some mediocre movies followed until *The Departed* in 2006, for which he earned an Oscar nomination for best supporting actor.

Since then, he's been impressive in the likes of crime thriller *We Own The Night*, boxing flick *The Fighter* and Afghan war epic *Lone Survivor*. He has also developed a parallel career as a producer, of his own films and of TV series for HBO: *In Treatment*, *How To Make It In America*, *Boardwalk Empire* and *Entourage*. The latter is, with some poetic licence, the story of Wahlberg's early life in Hollywood, surrounded by his pals and living the dream. The movie continuation of the series, which ran from 2004 to 2011, was released last month. "We spent a lot of time developing the script to get it to a place where we thought it was good," he says, "but Doug [Ellin, director and *Entourage* series showrunner] took it to another level. It's better than I ever hoped. All the guys brought their A-game. It was an opportunity to go back into a world to play characters that people love."

Wahlberg will be seen doing the same this month with *Ted 2*. Perhaps more surprising than his rise from eye-candy to versatile leading man – his two lead roles last year were in the massive fourth *Transformers* film and somewhat less bombastic *The Gambler* – is his comedy career, which includes fine turns in *The Other Guys* and *Ted*. George Clooney doesn't do many comedies, and The Rock doesn't do low-key action, but Wahlberg does, on top of the blockbusters and thrillers those men manage. He is straddling genres unlike anyone on the A-list.

"I think *Ted 2* is going to be a lot better than the first one," says Wahlberg,



## TRAIN & GAIN

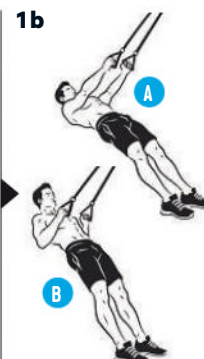
Wahlberg and his trainer Brian Nguyen, CEO of Brik Fitness ([brikfitness.com](http://brikfitness.com)), blast their way through three sets of the first four moves, then the same on the second

### QUAD SET 01



#### STANDING CABLE CURL 6-8 REPS

With your back to the stack, straddle the cable and grab the bar with an underhand grip (A). Keep your elbows in and curl the bar upward (B). Bring it up for two, squeeze for three, then lower for four.



#### TRX PLANK BICEP 60SEC

Set the TRX as low as you can handle while you hang in a plank – head in line with spine (A). Bring your right knuckles to your forehead, then your left. Now repeat with your elbows flexed out (B).

JAMES PERSE GREY CREW NECK, CITIZENS OF HUMANITY DARK BLUE JEAN, KELLY COLE BLACK LEATHER BELT, TIMBERLAND BLACK BOOTS

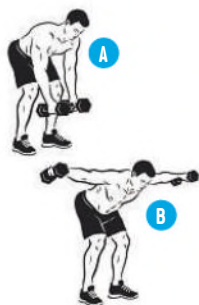
**FINISHER** You're not quite done. Wahlberg and Nguyen end their



AFTER THREE YEARS  
OF RAPID BODY  
TRANSFORMATION,  
WAHLBERG IS ON A  
DESERVED BREAK

#### QUAD SET 02

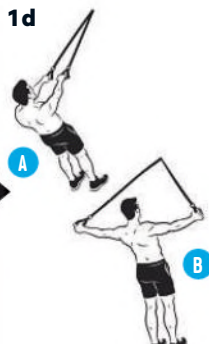
1c



#### BENT-OVER DELT FLY 20SEC

Pick up light dumbbells. Bend over so that your back is flat, parallel with the floor (A), then raise your arms straight out to the sides (B). Aim for an explosive movement up and control back down.

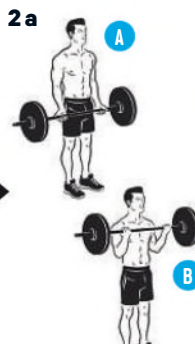
1d



#### TRX CHEST MOBILITY 60SEC

With the handle set high, lean forward until you feel a stretch in your shoulders (A). Repeat with arms out in a T shape to hit your chest (B). This is your only rest time, so go slow and prepare to go again.

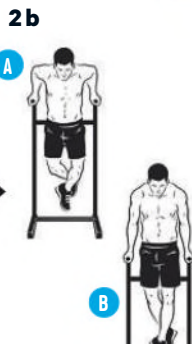
2a



#### BARBELL CURL 6-8 REPS

Going for the same 2/3/4 tempo as the cable curl, keep your elbows tucked in (A) and flex your elbows to bring the bar up (B). Add some weight if you get to 8 reps comfortably.

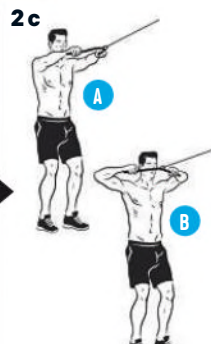
2b



#### PULSE DIP 60SEC

Put your hands on a bench behind you, arms locked out and legs straight. Now bend at the elbow to lower down (A), before driving quickly back up (B). 'Pulse' up and down as fast as you can.

2c



#### CABLE FACE PULL 6-8 REPS

Bring the cable stack up to chest height and clip on the rope attachment. Grab an end in each hand (A) and pull hard toward your face (B). Keep your elbows up and use the 2/3/4 tempo again.

2d



#### BAR HANG 60S

Finally, a chance to hang out. Jump up to cling onto a high bar, arms and legs straight. Tense your abs to maintain a strong, stable vertical plank and pull your toes toward the ceiling.

session with 3-5min of a classic arm move, just to really make sure no muscle fibre is left unshredded. Their favourites? Preacher curls, Arnold presses and overhead tricep extensions



who leans forward in his chair, to talk excitedly, “and that isn’t an easy thing to do. The first one was such a leap of faith, because when I was pitched the idea it sounded so ridiculous: a guy and a talking teddy bear, but the bear’s cool, he smokes pot and he has a potty mouth. Not for me. But my agent, and another agent, persuaded me to read the script. Thirty pages in, wow – you forget it’s a bear, it’s just one of the great buddy movies of all time. Then everybody I pitched the idea to, was like, ‘That’s the most ridiculous thing ever.’ And I’m like, ‘No, but it’s really funny!’”

## SHAPE SHIFTING

It hasn’t all been laughs in the last few years. Wahlberg has had to endure the extreme losing and gaining of weight for various roles, so much so that he has said he’ll never again endure a dramatic change in size.

“It was like three years of going up and down, which was under the care of trainers and doctors and nutritionists,” he says. “I made a movie in 2012 called *Broken City* where the director wanted me to be as thin as possible. After that I played a bodybuilder [in *Pain & Gain*], where the director wanted me to be as big as I could possibly get.” Wahlberg got up to 91kg, adding over 18kg of muscle in two months through an extensive heavy-weight programme and a protein-rich diet that saw him eat up to a dozen times through the day and night.

“Then I had to lose that weight in 30 days to start *2 Guns*. And then I did *Lone Survivor* after that, which is the most physically demanding movie I’ve done. Then I took time off and did *Transformers*. After that, I did *The Gambler*, and [director] Rupert Wyatt wanted me to be as thin as possible again. So I got all the way down to 62kg and next thing I know, there’s extra shooting for *Transformers*, so I do it all quickly again.”

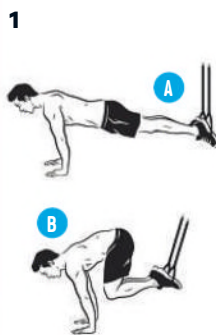
Wahlberg’s method for losing weight quickly involves, he says, “a liquid diet, running, jumping rope. Mostly jumping rope. Jumping rope for me is a lot more fun than running on the treadmill, or even running out in the open. It’s more rhythmic; you can change the speeds. And I’m obsessed with boxing. It’s a great part of boxing training. I always want to get as good as I possibly can with the rope.

“I can put my mind to these things – whatever the role requires – but losing the weight for *The Gambler* was no fun.



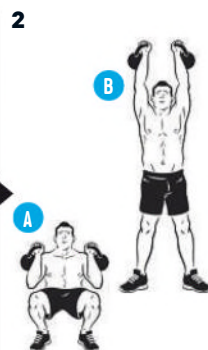
## THE TRANSFORMER

Nguyen pushes Wahlberg through a 30min HIIT circuit. For each move, do 30sec of work then rest 30sec. Break for 2min at the end, then start again



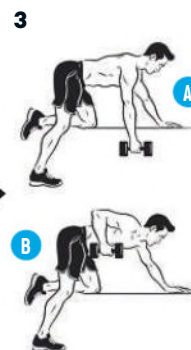
### TRX ATOMIC PRESS-UP

Set the TRX low and get into a press-up position, feet hooked into the handles. Perform the press-up (A) and at the top tuck your knees up to your chest into a pike position (B). Kick back and repeat the process.



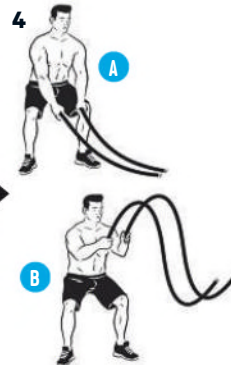
### KB THRUSTERS

Grab a pair of medium kettlebells and hold them at shoulder height. Drop into a deep squat (A), then explode upward, using your momentum to shoulder press the weights up above your head (B).



### 3-POINT DUMBBELL ROW

Place a knee and a hand on a flat bench. Position your other foot wide on the ground for stability and pick up the weight with your free hand (A). Row the dumbbell straight up to the top of your ribs (B), then return.



### BATTLING ROPES

Hold the ends of the rope at waist height and stand with your feet apart, knees slightly bent (A). Now pump up and down alternately with your arms to send waves down the rope (B). No rope? Do quick-fire dips instead.

**FINISHER** This time, Nguyen wants 5min of carries. Farmer’s walks, suitcase (one-armed) carries or waiter walks (weight at

KELLY COLE: SAFE GREEN CREW NECK, CITIZENS OF HUMANITY DARK BLUE JEAN, KELLY COLE: BLACK LEATHER BELT, TIMBERLAND BLACK BOOTS, JAMES PEARSE: DARK GREY POLO SHIRT, CITIZENS OF HUMANITY DARK BLUE



“I LIKE EXERCISE  
AND FEELING  
BETTER.  
YOU KNOW,  
I WANT TO LIVE  
A LONG TIME”



I like exercise and feeling better. I have more energy, I'm more focused. You know, I want to live a long time. I love life and I try to stay as healthy as possible.”

#### PERSONAL BEST

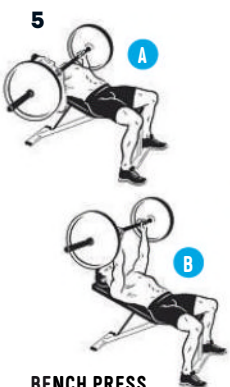
Wahlberg looks at his watch: he knows his time with *Men's Health* is up, because it's Monday afternoon and his turn to pick up eldest son Michael from school. Little Mike has track practice. Athletics is one thing his father never really got into. Apart from one time.

“I ran a 5K with my wife,” he says, “having not trained at all. I got there late and I thought she had already left the starting line, so I literally started sprinting, trying to catch her. I didn't want her to beat me. She had been training for it for a while. I'm running and running and running and I get to the end, and there's no way I didn't see her – and there's no way she ran faster than I just did. Of course, she hadn't started yet. She started behind me, so I'm sitting there for half an hour and, of course, I was sore for about a week. It felt like I full-on sprinted a 5K. I actually got up to the pack of serious runners.”

And how did Mrs Wahlberg respond to being burned by her husband?

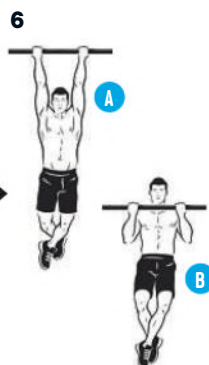
“She thought I was such a jerk for doing it. But I wouldn't have run past her, I would have run with her. I was there to support her. That's what I do now.”

WAHLBERG CREDITS  
HIS WIFE WITH  
SPURRING HIM ON  
TO SET A 5K PB



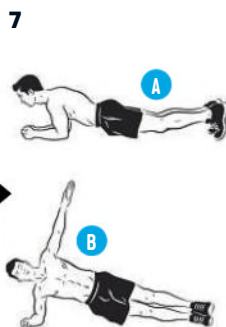
#### BENCH PRESS

Technically simple, but keeping your form is hard. Lie back, plant your feet into the ground and arch your lower back slightly. Unrack the bar, lower it down to the middle of your chest (A) and then push back up (B).



#### PULL-UP

Jump up to grab the bar with a wide grip. The wider you go the better, as it will target more of your back. Start in a dead hang position (A), then squeeze your shoulder blades together and down to get over the bar (B).



#### T PLANK

Start in the press-up position, abs tensed and back flat (A). Reach up toward the ceiling with your left hand, forming a T with your body and arms (B). Repeat to the right side and alternate back and forth. Rest.



JEAN: KELLY COLE BLACK LEATHER BELT, TIMBERLAND BLACK BOOTS, ALTERNATIVE CHARCOAL GREY SHIRT, CITIZENS OF HUMANITY DARK BLUE JEAN, KELLY COLE BLACK LEATHER BELT, TIMBERLAND BLACK BOOTS, PERSOL SUNGLASSES

shoulder height) are all suitable. “You should really feel the burn” he says, “but hang on”



# TIME

MAXIMISING LIFE'S GREATEST LUXURY

# 01

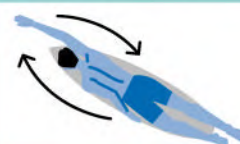
## HOUR TO WIPE OUT INJURY RISKS WITH PRE-SEASON SURF

**D**itch the frisbee and Kindle: a surfboard is your most valuable player on the beach. Arming yourself with a board and the deep blue can increase skeletal strength by 22%, according to Bond University on the Gold Coast. The Aussies found that paddling out and riding in uses muscles that cause your bones to actively thicken. That means a week or two of sun, sea and sand can legitimately count as pre-season conditioning, lowering your risk of injury when the weather goes the way of Bournemouth's title hopes. Better still, the water will do wonders for your mind too: a study published in the *Journal of Environmental Psychology* found that people feel calmer after a visit to the sea than following a trip to the park or countryside, thanks to a larger hormonal rush. So rather than slog it out inland, make for the coast. And if you're reading this on holiday, keep at it, sport.



### SURF AND TURF

No sea legs? Catch a ride with surf legend Kelly Slater



### COUNT 10 BEFORE YOU HANG 10

Time it so you make at least 10 strong paddles before the wave's peak reaches you. Use long, fluid strokes, grabbing the water with cupped hands.



### USE THE WAVE AS A TRAMPOLINE

Once the wave is underfoot, let it propel you to standing. From lying, use your hands and feet to explode upward. Practise on the beach first.



### ESSENTIAL SKILL: THE DUCK DIVE

When facing a wave, push up onto your knees, throw your weight forward and force the nose of your board under the wave. You'll slide under it too.

RIDE A WHOLE  
NEW WAVE OF  
SPORTING GLORY





# 0.5

## SECONDS TO HIKE YOUR SPRINTING SPEED BY 23%

**W**hen it comes to natty motivational tricks, you can forget your mantras. The eyes have it. Simply focusing on a tree in the distance can help you run toward it 23% faster. According to researchers at New York University, locking your gaze onto an object ahead of you makes it appear a third closer to you – a perception that produces bursts of energy and leads to less physical exertion. And while this may sound like a rudimentary trick, keeping an eye on the horizon also straightens out your form so you maintain an upright posture rather than leaning forward, which tends to happen when your legs feel the burn. Invest in moisture-wicking socks with padded heels (£10 [nike.com](http://nike.com)) to banish blisters and you're scientifically out of excuses to take your eyes off the now-not-so-distant finish line. That's what we call a visualisation technique.

RUN FOR THE HILLS!  
THEN HEAD FOR THE  
FIRST TREE IN SITE

### GROUND CONTROL TO MAJOR GAINS

Don't leave a single mental stone unturned when you're pounding the pavement in search of a PB



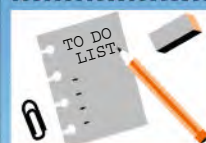
#### MUSIC IS THE ANSWER

The *Journal of Sport and Exercise Psychology* found that music diverts attention from feelings of fatigue.



#### PLAY A NUMBERS GAME

Count street signs or bus stops rather than minutes or miles. Fresh stats set new goals, and you'll push to hit them.



#### DON'T DO ANYTHING

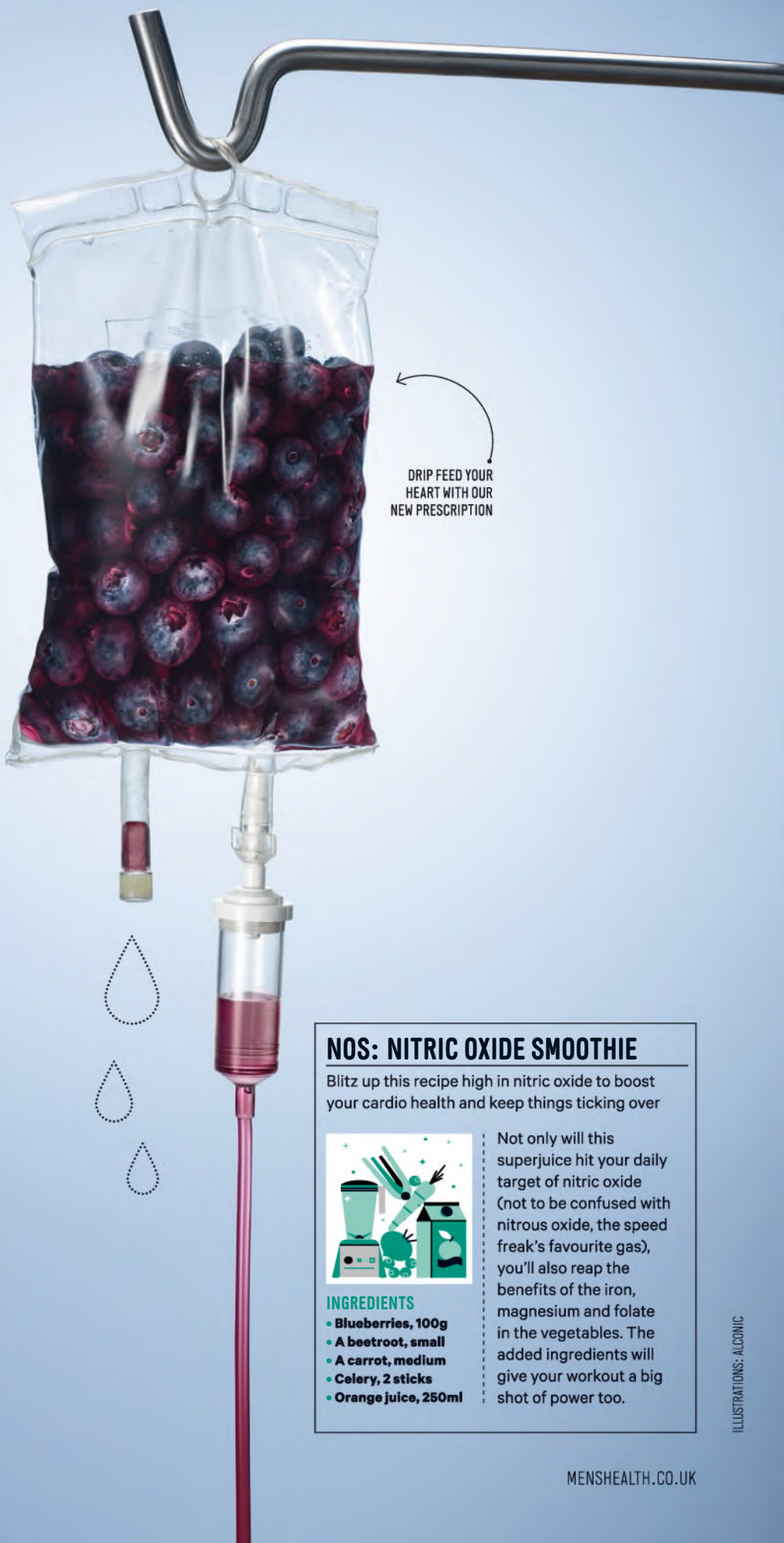
A tired brain pre-workout means exhausted stamina. Think *Big Bang Theory* over *Wonders of the Universe*.



61

## DAYS TO JUICE HIGH BLOOD PRESSURE WITH BLUEBERRIES

**L**eave statins to face off the controversy for now. Your best antidote to high blood pressure is available over the counter (or, rather, the supermarket shelf) and costs less than a latte. A handful of blueberries a day, served up any which way you please, has been found to knock your blood pressure down by 6%. The single digit might sound insipid, but that's enough to take you from a risky 138/79 down to a safe 131/75, with researchers crediting it to the fruit's ability to increase the nitric oxide levels in your body. Nutritionists at Florida State University found that the main benefit of the molecule is that it widens and relaxes blood vessels by improving your cell activity, helping maintain a healthy heart. Which is handy because blueberries are in peak season for the next two months. Come September, opt for the frozen kind – the nutrients are sealed in and you won't risk mouldy fruit. Either way, start releasing the pressure.



### NOS: NITRIC OXIDE SMOOTHIE

Blitz up this recipe high in nitric oxide to boost your cardio health and keep things ticking over



#### INGREDIENTS

- Blueberries, 100g
- A beetroot, small
- A carrot, medium
- Celery, 2 sticks
- Orange juice, 250ml

Not only will this superjuice hit your daily target of nitric oxide (not to be confused with nitrous oxide, the speed freak's favourite gas), you'll also reap the benefits of the iron, magnesium and folate in the vegetables. The added ingredients will give your workout a big shot of power too.





GO TANDEM AT THE GYM TO DOUBLE TEAM MUSCLE GROWTH

# 45

## MINS TO BLOCK OUT PAIN & PUSH YOUR WORKOUT FURTHER

**Y**ou heard it here first: friends are the new GHG. It's a truism that unspoken competition between gym buddies drives your progress and boosts testosterone, but perhaps more surprisingly, good company can also raise your pain threshold. According to research from the University of Oxford, training with friends causes an increase in the secretion of endorphins that you wouldn't get through working out solo. These flow straight to your brain where they do a sturdy job of blocking your pain indicators. While endorphins spell good news for your PBs, enabling you to push harder and squeeze out more reps, they'll also reduce the effects of delayed-onset muscle soreness too. So the benefits of duelling with friends stretch far beyond a lunchtime session. No pain, no gain? Don't you believe it.

### CHEMICAL REBALANCE

Incorporate these stimulating tips into your routine to hotwire your hormones and kickstart your growth



#### TEST YOUR LIMITS

The University of Graz found testosterone levels rise with vitamin D. Take your workout outside to build more muscle.



#### FOLLOW YOUR NOSE

Hand in the cookie jar? Try minty shower gel. The scent ups leptin and curbs cravings, says neurologist Alan Hirsch.



#### EAT YOUR HEART OUT

Artichokes stimulate melatonin, which helps you snooze. Throw some hearts into a salad with olives and feta for sound sleep.





# THE FUEL TO RULE

THE PARK. THE TRACK. THE PAVEMENT.



**ENHANCES HYDRATION**  
**FUELS PERFORMANCE**

Lucozade Sport provides carbohydrates and electrolytes to enhance hydration and help maintain performance during prolonged endurance exercise. LUCOZADE SPORT and the Arc Device are registered trade marks of Lucozade Ribena Suntory Ltd. ©Copyright Lucozade Ribena Suntory Limited, 2015.



## NOTES & QUERIES

- 54 **GEN UP ON YOUR GRILLS**  
Top gear for well-seared steak
- 57 **THE SHOWS MUST GO ON**  
Make boxset binges benign
- 59 **ENLIST WITH THE ELITE**  
On trial: the A-listers' bootcamp
- 63 **GAIN MORE FROM PAIN**  
Learn the fine art of suffering
- 65 **POST-FLIGHT FUEL PLAN**  
Cook up a remedy for jetlag

# THE LAB

PUTTING HEALTH UNDER THE MICROSCOPE

Men'sHealth

EDITED BY CARLENE THOMAS-BAILEY

WHAT'S KILLING MEN?

## CLOCK ON, BURN OUT

OVERWORK ISN'T WORKING. IF YOU  
FIND SHUTTING OFF A PIPE DREAM  
THEN YOU NEED A CHANGE OF SCENE

**J**ohn Maynard Keynes was one of the greatest thinkers of the 20th century, a man who drew the blueprint for a more compassionate and pragmatic variety of capitalism after the Great Depression of the 1930s. You haven't come here for a lecture on economics, but I would go so far as to say that if our current Prime Minister, and his predecessor, had paid more attention to his ideas, the UK's economy would likely be in a much healthier state.



MH's deputy editor Mike Shallcross stares down our assassins

### NAME WORK STRESS

**RANKING** It makes 428,000 of us ill, say official stats

### THE MH PRESCRIPTION

Regain control of your workload, and your life outside the office



OVERWHELMED:  
TRADE YOUR APPS  
FOR HAPPINESS



# YOUR PERSONAL TRAINER ON THE MOVE

Subscribe to the digital edition of Men's Health and save up to 20% on the cover price. Packed with expert advice on improving every area of your life, from health & fitness to grooming, style and sex & relationships.



## NOW ON **EVEN** MORE DEVICES!



Available on the  
**App Store**



GET THE MAGAZINE ON  
**Google play**



Available on  
**kindle fire**

**nook**

Available on  
**zinio**



# WHAT'S KILLING MEN? THE LAB

That said, he didn't always get it right. In 1928, Keynes mused on what you'd be doing at work right about now, and he concluded it wasn't an awful lot. Advances in technology would have increased automation and wealth to the extent that we'd now be working a maximum of three hours a day. And yet the prospect filled him with dread. He found the example set by the 1920s' idle rich "very depressing", which makes me glad he didn't live to see the era of *Made In Chelsea*. If Gatsby did his head in, Binky would have him reaching for a noose.

Leisure was never a trap Keynes fell into. He literally worked himself to death in 1946, drawing up the Bretton Woods agreement which ensured peace and prosperity for post-WW2 Europe. Today, a growing number of us are following in his footsteps for much smaller stakes. Britons are working the longest hours in Europe: an average of 43.1 hours a week, and almost four million of us put in more than 48 hours.

Treat a car to this mileage and it will break down, and your body is no different. The culprit is stress, and left unchecked it can be a cause of mental illness, heart disease and strokes, to name but three.

"Stress is a physiological state in which the body does not work optimally," says

Sarah Stewart-Brown, co-chair of the Faculty Of Public Health's Mental Health Committee. "If the stress is sustained, sleep, circulation, respiration, digestion and the body's capacity to heal itself will all be affected. It can tip people into chronic anxiety or depression."

The flipside is that, in small doses, it's useful. The 'fight or flight' hormonal surge induced by a glance at the alarm clock

or the knitted brow of a manager, is what puts you in the zone to hit that deadline. This is sometimes referred to as 'eustress', or good stress.

"Stress can be

positive," says Emma Wilson of the Mental Health Foundation. "It can make us more alert and help us perform better. But an increasingly demanding work culture means it's harder to distinguish between normal and unhealthy levels of stress."

Work isn't the sole source of anxiety. Money worries and relationship troubles can take their toll too. But while these events may be temporary, work dominates most of our waking hours as an adult.

## Britons work the longest hours in Europe. At this rate we'll break

### WORLD OF HURT: HOW WORK STRESS HITS US

**20%** of all GP visits are stress-related. (Health and Safety Executive)

**11.3m** UK sick days due to stress last year. (Health and Safety Executive)

**20%** The increased risk of premature death for those who are even mildly stressed. (British Medical Journal)

According to Hugh Robertson, the TUC's senior policy officer on health and safety: "Overwork, and low job control and satisfaction can all cause stress." And yet, as Robertson points out: "Often people don't notice the symptoms until the causes are removed, hence some people get headaches at weekends or on holiday."

Once diagnosed, you need to work with your trade union or your human resources department. The latter course isn't as risible as it sounds, since most companies are now switched on to how many days are lost to stress. Rowing back a little way to Keynes, the UK Faculty of Public Health has suggested a four-day week might be the long-term answer.

And there's the rub, because Keynes' sums were broadly right. In the last 90 years, national wealth has increased in line with his predictions. What he flunked was the psychology. He couldn't predict how you'd react to it: how much extra wealth you'd want, and what sacrifices in your time and health you were prepared to make to have it. Those questions are yours, and yours alone, to answer. ☐

184 THE BEAUTIFUL AND DAMNED

official Explain-alls, and the 'Personal Impressions' of war correspondents and of Private X, Y and Z. Several times during Anthony's visit his grandfather's secretary, Edward Shurtleworth, the one-time 'Accomplished Glas-physician' of 'Pat's Place' in Hoboken, now shod with righteous indignation, would appear with an extra. The old man attached each paper with untiring fury, tearing out those columns which appeared to him of sufficient pungency for preservation and thrusting them into one of his already bulging files.

"Well, what have you been doing?" he asked Anthony blandly. "Nothing? Well, I thought so. I've been intending to drive over and see you, all summer."

"I've been writing. Don't you remember the essay I sent you—the one I sold to *The Florentine* last winter?"

"Essay? You never sent me any essay."

"Oh, yes, I did. We talked about it."

Adam Patch shook his head mildly.

"Oh, no. You never sent me any essay. You may have thought you sent it but it never reached me."

"Why, you read it, Grandpa," insisted Anthony, somewhat exasperated, "you read it and disagreed with it."

The old man suddenly remembered, but this was made apparent only by a partial falling open of his mouth, displaying rows of grey-gums. Eyebing Anthony with a green and ancient stare he hesitated between confessing his error and covering it up.

"So you're writing," he said quickly. "Well, why don't you go over and write about these Germans? Write something real, something about what's going on, something people can read."

"Anybody can't be a war correspondent," objected Anthony. "You have to have some newspaper willing to buy your stuff. And I can't spare the money to go over as a free-lance."

"I'll send you over," suggested his grandfather surprisingly. "I'll get you over as an authorized correspondent of any newspaper you pick out."

185 THE BEAUTIFUL AND DAMNED

Anthony recoiled from the idea—almost simultaneously he bounded toward it.

"It—don't—leave—"

He would have to leave Gloria, whose whole life yearned toward him and enfolded him. Gloria was in trouble. Oh, the thing wasn't feasible—yet—he saw himself in khaki, leading, as all war correspondents lead, upon a heavy sack, porridge at shoulder—trying to look like an Englishman. I'd like to think it over, he confessed. "It's certainly very kind of you. I'll think it over and I'll let you know."

Thinking it over absorbed him on the journey to New York. He had had one of those sudden flashes of illumination vouchsafed to all men who are dominated by a strong and beloved woman, which show them a world of harder men, more sternly trained and grappling with the abstractions of thought and war. In that world the arms of Gloria would exist only as the love embrace of a chance mistress, coolly sought and quickly forgotten.

These unfamiliar phantoms were crowding closely about him when he boarded his train for Marietta, in the Grand Central Station. The car was crowded; he secured the last vacant seat and it was only after several minutes that he gave even a casual glance to the man beside him. When he did he saw a heavy jaw and nose, a curved chin and small, puff-blower eyes. In a moment he recognized Joseph Blockman.

Simultaneously they both half rose, were half embarrassed, and exchanged what amounted to a half handshake. Then, as though to complete the matter, they both half laughed.

"Well," resumed Anthony without inspiration, "I haven't seen you for a long time." Immediately he regretted his words and started to add: "I didn't know you lived out this way." But Blockman anticipated him by asking pleasantly: "How's your wife?"

"She's very well. How've you been?"

"Excellent." His tone amplified the grandeur of the word. It seemed to Anthony that during the last year Blockman

JUST FOR A DAY, SWAP THE WIRED AGE FOR THE BELLE EPOQUE





TESTED BY EXPERTS

# SEEKING THE HOLY GRILL

SWAP AN OPEN FLAME FOR A LEAN, CLEAN PORTABLE GRILLING MACHINE TO GET YOUR FIX OF FAST PROTEIN

**T**he right apron and tongs only get you so far. What really makes a difference to your grilled fuel is heat. You need a machine that gets hot enough to initiate the vital Maillard reaction: the scientific term for the tasty browning caused by amino acids and sugars. *MH* took five of the latest non-stick grills to the exclusive Waitrose Cookery School, where food scientist Stefan Gates tested how well they handled rib eye and sea bream. We also assessed their fat-reducing ability and the elbow grease required to clean them, so you can enjoy quality protein, come rain or shine.

01

• THE FAT-CUTTER	6.5/10
• GEORGE FOREMAN EVOLVE	
• £150 GEORGEFOREMAN.CO.UK	

## BE FIT FOR PURPOSE

Foreman's latest model retains his USP: a big tray for fat-collection and deep ridges so your meat doesn't sit in its own grease. But he's ditched black non-stick plates in favour of ceramic ones, which heat your food faster and wipe clean. The champ's still in the fight.

## THE LAB STATS

• Performance	6/10
• Appearance	6/10
• Value for money	5/10
• Speed	5/10
• Fat drainage	9/10

## OUR EXPERTS SAY

The grill is a good size and its floating hinge adjusts to handle all manner of meats. The heat retention isn't ideal though; it can cool too soon.

## FISH STICKIN'?

If you want to know how to do fish on a grill, Dave Pasternack, head chef at Barchetta seafood restaurant, can dish it up





## 02

- THE ALL-IN-ONE 7/10
- CUISINART GRIDDLE & GRILL
- £100 CUISINART.CO.UK

### HANDLE THE HEAT

The reversible grill and ridged griddle plates mean you can cook everything, from your morning eggs to slabs of meat. The clearly marked temperature controls and instructions make it easy to use, while the pro-quality build will withstand a knock. It looks pretty hot too.

### THE LAB STATS

- Performance 6/10
- Appearance 9/10
- Value for money 6/10
- Speed 7/10
- Fat drainage 5/10

### OUR EXPERTS SAY

This scored highly on heat retention. Our rib eye steaks were cooked through, but thinner cuts of fish did end up somewhat rubbery.

UPGRADE YOUR GRIDDLE FOR SEARING GAINS



## 03

- THE BULK-COOKER 6/10
- JAMES MARTIN TABLETOP
- £35 ARGOS.CO.UK

### IMPRESS YOUR GUESTS

This open-faced grill is a whopper. You can get a family-sized meal on its mix of flat and ridged surfaces, adding a decent charred taste to the corn on the cob as well as all your meat. It's self-contained, with a tray to collect fat that fits neatly underneath the unit.

### THE LAB STATS

- Performance 6/10
- Appearance 6/10
- Value for money 5/10
- Speed 6/10
- Fat drainage 7/10

### OUR EXPERTS SAY

When the steak hit the grill, the temperatures plummeted and became uneven. The thermostat was not reliable. Good fat removal, though.



## 04

- THE TECHIE CHOICE 7.5/10
- TEFAL OPTIGRILL
- £150 AMAZON.CO.UK

### CUT OUT GUESSWORK

The smart thinking here is a 'grill-brain': a nifty measuring system that judges food size and tells you when it's done via amusingly futuristic LEDs and symbols. Intuitive cooks will miss temperature control, though. Still, it doesn't take up much kitchen space and is dishwasher-friendly.

### THE LAB STATS

- Performance 9/10
- Appearance 5/10
- Value for money 8/10
- Speed 6/10
- Fat drainage 9/10

### OUR EXPERTS SAY

You'll have to read the manual to understand what's going on, but this grill is reliable. Drains fat efficiently, but thin steaks steam rather than fry.



## 05

- THE COST-SAVER 8/10
- TEPPANYAKI TABLE GRILL £30
- ANDREWJAMESWORLDWIDE.COM

### SEAR TO PERFECTION

Going lidless means steak sears, emulating an outdoor, charred taste. Better still, it takes under two minutes to get piping hot and stay there, which means your food hits your plate faster. Lastly, being one flat surface, it's easy to wipe clean, so not a morsel of your time will be wasted.

### THE LAB STATS

- Performance 9.5/10
- Appearance 7/10
- Value for money 9/10
- Speed 9/10
- Fat drainage 5/10

### OUR EXPERTS SAY

Essentially an electric frying pan, but it cooks very well. Fat drainage wasn't the best, but it cooked perfect steak in less than five minutes.

PHOTOGRAPHY: MITCH PAYNE | MANY THANKS TO WAITROSE COOKERY SCHOOL ON FINCHLEY ROAD WAITROSE.COM/COOKERYSCHOOL  
MEAT WITH THANKS TO BEVAN'S BUTCHERS, BEVANSBUTCHERS.COM



1. Grab a nice fresh fillet – snapper or salmon will work a dream. Wrap in a napkin and bring to room temperature.



2. Lightly spray grill with olive oil. Thinly coat the fish in oil and season with salt and pepper before grilling, to stop it sticking.



3. Set the grill to the highest heat. Allow the fish time to cook – the more you check it, the more chance it will stick.



4. Depending on your fillet, grill for 3-4min on each side for a medium-done fish. Take it off the heat and get stuck in.



12 big, rich reds, fine Champagne plus delivery ... all for just ~~£147.86~~ £65.88



SAVE  
OVER  
**£80**

GIVE YOUR WINE RACK THE ULTIMATE BIG RED WORKOUT ...  
an exclusive offer for **Men'sHealth** readers brought to you by **Laithwaite's**  
..... WINE .....

It's well known a little of what you fancy does you good. And who doesn't enjoy a glass or two of good red wine with a nice, sizzling steak for example?

Here's the wine stuff: the Argentines know a bit about BBQs so we start with The Forefather Gran Selección – a luxurious combo of Malbec (think damsons and blackberries) and spicy Shiraz. Massivo Nero d'Avola delivers just that: massive fruit flavour from sun-soaked Sicily. Quinta do Espirito Santo is a very smart, velvety rich buy from Portugal (amazing wines here, not just golf courses!). XV du Président is pure, smooth power from southern France. Spain's Camino de Seda shows just how intense oak-aged grapes from old, old vines can be. And The Full Fifteen is a belting 15% Ruby Cabernet from Down Under.

Here's the deal: 12 rich, beautifully smooth reds from independent, quality obsessed estates around the world, plus a FREE bottle of fine family-made Champagne (worth £29.99) delivered FREE to your door ... all for just ~~£147.86~~ £65.88.

Five reasons not to miss this wine rack work out:

1. **SAVE £44** on your 12 bottle case.
2. **FREE delivery** (usually £7.99).
3. **FREE Champagne** worth £29.99.
4. **TOTAL SAVING** of £81.98
5. **100% guarantee** – love them or your money back!

See online for white wine or mixed case alternatives but hurry to avoid disappointment. Order today!

YOURS  
FREE

One bottle of Comtesse de Bellefleur Champagne – worth £29.99



SAVE  
**£44**

ON YOUR 12 BOTTLE CASE

**FREE  
DELIVERY**

NORMALLY £7.99

**TOTAL SAVING of £81.98**

ORDER ONLINE AT **laithwaites.co.uk/menshealth** OR CALL **03330 148 188**

PLEASE QUOTE THE OFFER CODE: **Q4GIA**

Offer valid for new customers, one case only per household while stocks last. No further discount or voucher can be applied. Free delivery (usually £7.99). Offer ends 30th November 2015. You or anybody you buy wine for must be 18 years or over. All goods are subject to availability. Items are offered at the price and quantity stated here. If you wish to order different quantities, please call us for prices and availability. Delivery to UK addresses only (excluding Channel Islands and BFPO addresses). Standard delivery takes 3 working days (delivery to offshore islands, NI, Scottish Highlands and some other areas of Scotland may take a few days longer). In the unlikely event of wines becoming unavailable, a substitute of similar style and of equal or greater value will be supplied. Please see laithwaites.co.uk/terms for full terms and conditions. Laithwaite's Wine part of Direct Wines Ltd. Registered in England and Wales. Registered Number 1095091. One Waterside Drive, Arlington Business Park, Theale, Berkshire, RG7 4SA. Unless otherwise stated, all wines contain sulphites.

**ICS** Institute of Customer Service  
ServiceMark™ programme  
**drinkaware.co.uk**



# THINKING OUTSIDE THE BOXSET

**WORRIED WHAT BINGE-VIEWING  
COULD BE DOING TO YOUR HEALTH?  
WE HAVE YOUR PAUSE SWITCH**

## 01\ **BREAKING BAD HABITS**

If hitting 'play next' feels as addictive as Walt's products, you're not alone. Compulsive viewing lights up the same area of your brain as drugs and, over time, is linked to depression and poor impulse control in other areas of life, reports Texas University. Psychologist Dr Aric Sigman\* advises watching with friends and agreeing a time limit. It'll stop your brain reverting to screensaver mode tomorrow.

## 02\ **PEAKY BLINDED**

A marathon session exhausts your tired eyes. Screen time causes your blink rate to drop dramatically, which leads to dryness and even blurred vision. Reboot your eyeballs between each episode by spending 20sec looking at something 6m away. If you're already suffering, don't be a *Daredevil* about it. Switch off and lie with a warm, damp flannel over your eyes.

## 03\ **GAIN OF THRONES**

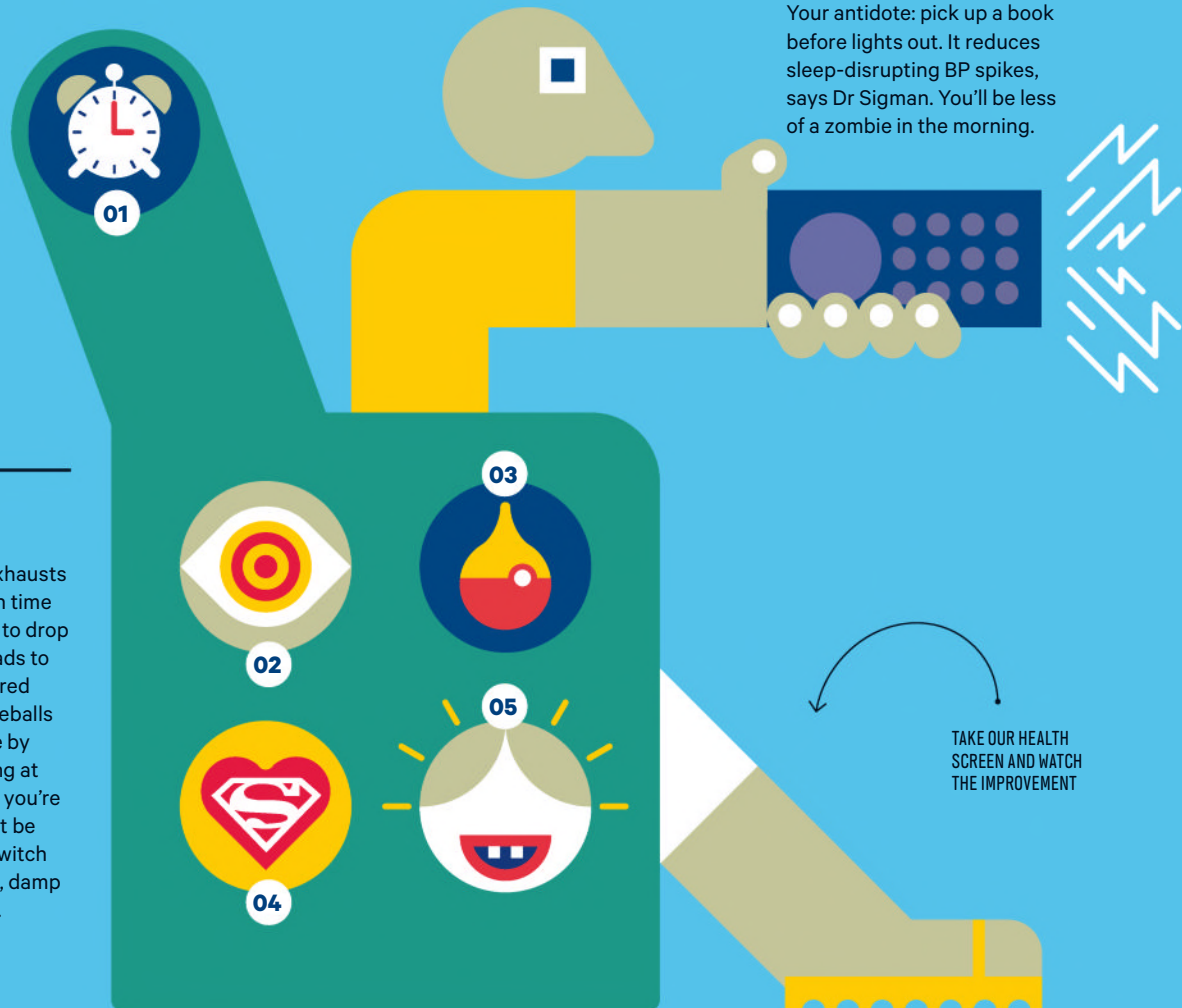
By the fourth HBO title screen ("aaaah") your body is racking up worrying ratings. Men who watch TV for 4+ hours a day have a 125% higher risk of heart disease, a UCL study found, while slumping on the sofa immediately after eating spikes blood sugar, triggering fat gain. A 40min post-meal walk will nullify this effect, as will adding some turmeric and chilli to your TV dinner.

## 04\ **TRUE CORRECTIVE**

It's not tough to detect the main victim of inertia. Studies by The United Chiropractic Association linked a hunched sitting posture to constricted breathing and heart disease. As your episode loads, hit the floor for a Superman stretch: face-down, tense your glutes and lift your chest, legs and arms with thumbs pointing up. Do 3 reps of 10sec, and limit tension to the dramatic kind.

## 05\ **WAKING DEAD**

After-dark sessions increase blood pressure and infect your sleep cycle, so you'll feel restless even on nights when you don't indulge. Among the host of health issues is a 25% drop in sperm count, reports the Uni of Southern Denmark. Your antidote: pick up a book before lights out. It reduces sleep-disrupting BP spikes, says Dr Sigman. You'll be less of a zombie in the morning.





LET'S  
GO...



# I GO FOR STYLE AND PERFORMANCE

CK1 125  
**ONLY £1,999**

- Naked sports styling
- Ideal first bike - learner legal
- Available now in 3 great colours
- **Now with subsidised insurance †**



RIDE AWAY  
WITH **£99**  
DEPOSIT\*

**Whatever you're looking for in a motorbike, go for KYMCO!**

To find your local KYMCO dealer visit: **kymco.co.uk** or call: **01743 761107**

\*Kymco Finance is only available through Black Horse Ltd, St William House, Tresillian Terrace, Cardiff, CF10 5BH. Finance is subject to status.

Terms and conditions apply. Please see website for full details.

† Subject to terms and conditions.



NEW  
FRANCHISE

# CALL OF DUTY: FIT TO SERVE

**BARRY'S BOOTCAMP IS A PHENOMENON FROM THE STATES, NOW RECRUITING AN ARMY OF AVID FANS HERE IN THE UK. MH GOES ON RECONNAISSANCE**

## BARRY'S BOOTCAMP

TEST SUBJECT JAMIE MILLAR

WEIGHT 80KG (12ST 8LB)

HEIGHT 5FT 10IN

FITNESS LEVEL HIGH

DISCIPLINE CARDIO INTERVALS  
AND STRENGTH TRAINING

TEST STATION EUSTON, LONDON

MANUFACTURER BARRY

COST £20 PER CLASS

MODEL BOOTCAMP

TAGLINE "THE BEST WORKOUT  
IN THE WORLD"

TOOLS PE KIT, GUNG-HO ATTITUDE

EXTRAS COMPLIMENTARY TOWELS,  
LOCKERS AND MALIN+GOETZ GROOMING  
PRODUCTS IN THE CHANGING ROOMS.  
THE FUEL BAR (FOR RELOADING) AND  
UNIFORMS (CAPS, VESTS) COST EXTRA

TOE-TAG YOUR EXCUSES,  
SOLDIER: NO-ONE  
GETS LEFT BEHIND

In case you didn't realise how *au courant* Barry's Bootcamp is, the email saying you've been "added to the wait list" for your class should tell you. If it feels like you're in line at a hot new superclub, that's because, in fitness industry terms, you are.

Barry's is the most name-dropped of the recent US-devised, celeb-endorsed fitness trends to invade the UK. Justin Timberlake

and Jake Gyllenhaal are among its devotees. The Best Workout In The World® consists of 50-60 minutes of high-intensity treadmill intervals alternated with ground work, using minimal equipment such as steps, dumbbells and resistance bands. Precise exercises and targeted muscles vary with each session, but the claim is you can napalm up to 1000 calories. *MH* wanted to find out whether it's worth enlisting.



Perfect for people who like  
their wheels more round



The Power to Surprise

## The All-New Kia Sorento Made for perfectionists

Fusspots, nitpickers and the down right choosy, thank you. If it wasn't for your high standards we wouldn't have made a car as award winning as The All-New Kia Sorento. With great driving dynamics, leather upholstery, 360° around view monitor, smart power tailgate and smart park assist, it's enough to bring a smile to the face of even the hardest to please. Visit [kia.co.uk](http://kia.co.uk) to find out more. **You make us make better cars.**



Fuel consumption figures in mpg (l/100km) for The All-New Kia Sorento range are: Urban 36.7 (7.7) – 40.9 (6.9), Extra Urban 46.3 (6.1) – 57.6 (4.9), Combined 42.2 (6.7) – 49.6 (5.7) CO<sub>2</sub> emissions are 177 – 149 g/km.



## OUR TEST METHODS

Upon gaining entry, the club vibe is only enhanced by the red lighting and unfeasibly cool, attractive staff; male and female. My drill sergeant, the cool, attractive and upbeat Faisal, briefly inducts me and another new recruit before high-fiving everyone into the class. Setting my treadmill pace, he orders me to gradually increase the incline until I'm fighting a real uphill battle. I'm blowing hard before we're even 10 minutes in.

As I try to catch my breath, I'm instructed to grab a dumbbell and redeploy to a bench, where my mission is to perform a variety of squats (goblet, sumo) and swings. Ten minutes later and I retreat to the treadmill, to intersperse more hill climbs with flat-out sprints. Repeat ad nauseam.

'Bootcamp' conjures images of the brutal initiations in *Full Metal Jacket*. But Barry's is more camaraderie than code red. Faisal makes a point of learning everyone's names and offers praise while cranking it up. By halfway, I feel like I'd take a bullet for him. Increase my pace when I'm already going all-out? Sir, yes, sir. But he's on sentry duty for anyone he perceives to not be reaching maximum exertion. The only rest is a few seconds while he demonstrates the next move. I've sweated half my weight by the final round of that old military favourite, burpees. I feel weirdly good about it though. Maybe I am born again hard.

## USER FEEDBACK



Barry's Bootcamp will kick your ass, whatever your level: for fitness and fat-burning, it's one of the highest-ranking classes around.



At £20, classes are punchy, as are weekly (£90) and monthly memberships (£280) – even compared to elite London gyms.



Barry's is harder to get into than a military base and is only located in London. You'll get lean, but you won't become a 'swoldier'.

BARRY'S WINS THE BATTLE FOR HEARTS AND MINDS

## THE VERDICT

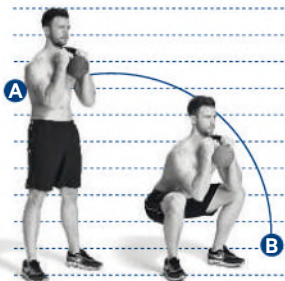
Like a lot of workout crazes, Barry's is nothing revolutionary that you couldn't in theory replicate in your gym with a treadmill, dumbbell and a hip playlist. But you almost certainly won't, because you don't have the instructor or comrades in arms to motivate you. This is what you're paying for, and it's worth it: with Faisal on your case, you have nowhere to hide and will inevitably push your body harder.

The unrivalled effectiveness of this kind of high-intensity interval training is both scientifically and anecdotally proven: the Barry's blog is awash with success stories of "happy campers" who've lost 35kg and found abs. "Happy" is the operative word: regulars form a tight unit of devotees, buying into the lifestyle and the merch; the classes are full of beautiful people and the trainers are feted like rock stars. If you train in a faded Simpsons T-shirt and old football shorts, Barry's Bootcamp is not for you. If, on the other hand, your kit is exclusively new-season Nike from Mr Porter Sport, volunteer. Corporal punishment is rarely this polished – or pleasurable. **MH**

## YOUR CLASS PRIMER

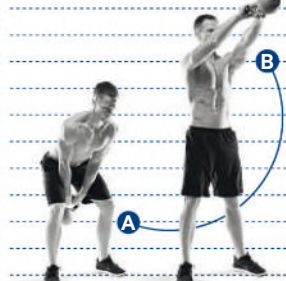
### BASIC TRAINING

Three rounds of this circuit from instructor Faisal burns fat and builds fitness in half an hour



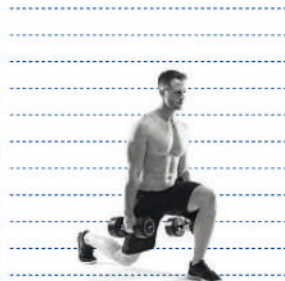
#### GOBLET SQUAT 60 SECONDS

Holding a kettlebell, squat so your elbows brush the inside of your knees. Do your reps for 60sec, then sprint 60sec on a treadmill. Next move...



#### DUMBBELL SWING 90 SECONDS

Push your hips back until the weight is between your legs, then thrust to swing. Done? Head back to the treadmill and complete a 90sec incline run.



#### ALT LUNGE 90 SECONDS

Holding dumbbells, lunge with your front knee bent to 90 degrees. Push up through your front foot. Swap sides. Finish up with a 90sec run.

## AT A GLANCE

PRICED BELOW £20	X
OFFERED NATIONWIDE	X
HIGH CALORIE BURN	✓
TECHNIQUE ADVICE	✓
ACCESS TO OTHER FACILITIES	X
GYM EQUIPMENT PROVIDED	✓
FOR ALL LEVELS OF FITNESS	✓
NO MEMBERSHIP REQUIRED	✓
MOTIVATING MUSIC	✓
FREE LOCKERS	✓

SCORE

7/10

●●●●●○○○

JOIN UP – IF YOU CAN

MH  
APPROVED





## The Emojional Game

Every match, every goal, every emotion.

 @MirrorFootball [mirror.co.uk/football](https://mirror.co.uk/football)

Mirror  
**Football** 



AND YOU THOUGHT  
YOU WERE TOO OLD  
FOR STABILISERS?

# OUTRIDE THE PAIN CYCLE

STOP YOUR MOANING...  
LEARN HOW TO SAVOUR  
SUFFERING AND YOU'LL  
EAT PAIN FOR BREAKFAST



John-Paul Nicholas looks at the trials of modern man to help you shape up your body's most vital organ



**A**s a runner, I should have learned a thing or two about suffering by now. But my pain tolerance makes no sense at all. Every Monday, Harriet, a trainer at my gym, tears me limb from limb. Maximum mental and physical trauma for 60 minutes, and I love it. In contrast, when my friend Simon died, I couldn't even cycle past his street without my heart cramping. It's faintly ridiculous to have such divergent tolerances for mental and physical pains – like a boxer weeping over *Toy Story 3* – but it's a human quirk.

So why can we only take the pain we choose – leaving us at the mercy of all the onerous decisions we can't face, the harsh words we're mortified to have uttered, the rejections, upsets and arguments that our lives are wont to throw up unexpectedly?

A neuroscientist at Johns Hopkins University knows: Professor David Linden found that most of our 'pain' lies in our emotional perception of it. The brain uses two systems to recognise pain. One calmly measures the type and intensity, the other decides the emotional reaction to that pain. Humans can tolerate vast physical pain with little complaint; it's our wincing reaction to it that causes the unbearable suffering.

The fix is simple but sounds unedifying: face the pain and your ever-elastic brain

will learn to sever the physical discomfort from the associated mental suffering. You will learn to ignore the voice that says 'ouch!'. This takes courage, of course. Just ask 40-something father of three Justin McLean.

When McLean was told he had stage-4 bowel cancer, he responded to the diagnosis with two words: "Fuck this". During the following year of aggressive chemotherapy, he fought the nausea to get on his bike at 6am every morning, and strove to break his own personal records.

"I wanted to feel *good* pain," McLean says. "I wanted to feel a pain that I could choose. Cancer is bad pain thrust on you from

day one. So I embrace the pain [of cycling]." As the pain of his chemo intensified, he planned a gruelling cycle sportive through the mountains of Corsica.

It is no surprise McLean got on his bike. To my mind, the bicycle is the perfect tool to combat suffering. Ten minutes on the saddle distances you from daily life and the wind in your ears provides a white-noise blanket on which to unpack your emotional baggage. Getting away from it all on a bike is paradoxically a way to face "the veering emotions of euphoria, loneliness, darkness, fear," until, says McLean, "everything washes away. [You learn that] they're all OK emotions and you can determine how you ride them out." Enmeshing your pain with the bike's stiff geometry engenders alchemy; pain becomes fitness, you suffer until you accept the pain on its own. The bicycle is the perfect healing machine.

This type-2 fun – the kind you only enjoy after the event – is a growing industry. The burgeoning UK Audax scene – the bike world's equivalent of Ironman (aukweb.net) – holds regular events from the London-Edinburgh-London 1400km, to 3200km 'permanents'. Audax riding may help you begin to face some deeply repressed suffering, but you'll have to be a master of pain before attempting one.

Luxury cycle travel companies such as Design Holidays (designholidays.co.uk) and Rapha (rapha.cc/travel) offer ways to learn about suffering in beautiful surroundings. Their 'randonées' are opportunities to challenge your mid-level suffering, such as facing a recent break-up. The smartest way to make inroads into separating pain from suffering, however, is to practise little and often. The national cycle routes (sustrans.org.uk) criss-crossing the entire nation are there, waiting for you. Clear your head after the day's run-ins: 20 minutes to shake

**"Type-2 fun – the kind you only enjoy once it's over – is a growing industry"**

off the boss's ire, or a day to cleanse yourself of a week with the in-laws. The bigger races, and your skills in transcending suffering, will be there when you need them.

Facing down our suffering plants our feet more solidly on the floor. Our voices become a little deeper and we gain the unshakable composure of Zen monks. The bike teaches us to accept the pain we suffer, and be better prepared for the pain to come.





# RELENTLESS DESIRE

Arsenal midfielder Aaron Ramsey tells MH why New Balance's new brand ethos 'Always in Beta' is the perfect training mindset for Survival Of The Fittest

**New Balance's latest campaign 'Always in Beta' is driven by the desire to improve. How does this state of mind relate to you and your career to date?**

Improving my game has always been important to me. If you didn't want to improve as a player I would question why you were doing it.

**The meaning of Beta derives from always pushing, innovating and improving – how does this mantra shape your training and performance?**

I try to train hard every day working on ways to improve. If there is something that needs to sharpen up in my game I'm not afraid to put the work in during training to make sure I improve it. It's an important mindset to know that you are never the finished article but strive to get as close to it as possible.

**Men's Health Survival of the Fittest is a 10K obstacle race – a full body workout that tests speed, agility, strength and power. How would you go about training for Survival and targeting these different areas of fitness?**

As a player you are combining speed, agility, strength and power

all the time. Our workouts are tailored by the guys at the club to deliver results across all areas, from core stuff to endurance training to targeting individual muscle groups in the body. Every player is different so we each have individual training patterns. Thankfully someone else works all that out for me.

**With the notion of 'Always in Beta' in mind, how important is the mind and mental strength in performance?**

A strong mind is critical. You will suffer injuries and need to stay mentally strong, that is key especially in the bad times. You can also get to the 90th minute of a game and have to make a lungbusting 60 yard run and your body is saying no but your strength of mind drags you through it.

**What are your priorities and goals for the future?**

Just to be the best I can be for my club and country. I want to finish my career and know there was nothing else I could have done. If I can look in the mirror and say that to myself when I'm older, I will be a happy man. In the meantime, the hard work continues.

## HIT YOUR GOALS FOR SOTF

'Beta' is constantly innovating, pushing and evolving. Smash your fitness targets this year at Survival of the Fittest, a 10K obstacle race sponsored by New Balance\*. Sign up today at [mhsurvival.co.uk](http://mhsurvival.co.uk)



\*OFFICIAL FOOTWEAR AND APPAREL SPONSOR OF THE 2015 SURVIVAL OF THE FITTEST SERIES

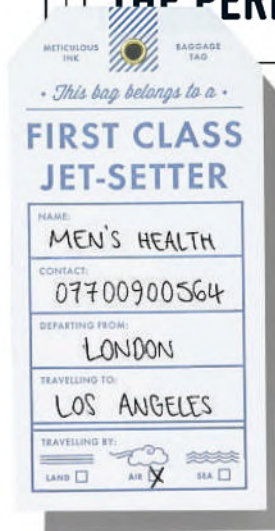
FIND OUT MORE ABOUT ALWAYS IN BETA FROM NEW BALANCE AT [NEWBALANCE.CO.UK](http://NEWBALANCE.CO.UK)

 new balance



# REMEDY RED EYE

MAKE YOUR RETURN FLIGHT  
LESS TURBULENT WITH THE  
10 BEST FOODS FOR SPEEDY  
POST-HOLIDAY RECOVERY



## 01/ Pak choi

This cheap Chinese cabbage is packed with hydrating electrolytes and stomach-settling prebiotics.

## 02/ Quinoa

Its full spectrum of amino acids will charge your depleted batteries and stop hunger disturbing your sleep.

## 03/ Turmeric

It ramps up your glutathione, which boosts your immune system; handy after hours on a germ-filled plane.

## 04/ Sweet potatoes

The orange spuds' vit A helps your eyes adjust to daylight changes and reduces dryness from recycled air.

## 05/ Chicken

Feel bird-brained after a fortnight away? Chicken's vit B5 supports your memory and concentration.

## 06/ Cantaloupe

Packed with beta-carotene, this melon fends off germs, combats sun damage and rehydrates you.

## 07/ Flaxseed

Make Monday morning a breeze. These are rich in B1 and omegas for a flawless cognitive performance.

## 08/ Avocado

This B vit bomb aids metabolism and energy production now you're back on the clean-eating wagon.

## 09/ Greek yoghurt

If the overseas menu didn't agree with you, a dollop of this upgrades your gut with healthy bacteria.

## 10/ Almond butter

Switch out the PB. Almond's vit E will soothe your dry, sun-scorched skin. Apply orally, not topically.

04



05



07



06



08



09



10



THESE RECIPES ARE  
YOUR PASSPORT TO  
MANY HAPPY RETURNS

A shop-bought sandwich on the way home from the airport will only feed your back-to-work blues. To maintain your holiday high, *MH* identified 10 summer ingredients packed with nutrients that help your body clock synchronise, make a smoother ride of jetlag and rehydrate your skin post-flight. Then we placed our shopping list in the hands of Cordon Bleu chef Adria Wu and tasked her with creating two meals that will make you happy to be back. All you have to do is stay awake long enough to eat them.





## FAISAL ABDALLA – THE BOOTCAMP MASTER

Celebrity PT and Master Trainer at Barry's Bootcamp, Faisal has joined *Men's Health* as one of our new Survival ambassadors.

Specialising in bootcamps and group workouts, Faisal is on hand to dispense essential training advice to all would-be Survivors. And it won't cost you a penny, either. Just follow @MH\_Survival and @f.fizzle on Twitter for training updates. Check out the Survival of The Fittest channel on the *Men's Health* UK website too for more training tips and tricks.

Faisal will be running London Survival. Want to keep up with him or fancy your chances of beating him to the finish line? Then use his group circuit specially developed for *Men's Health* and take your team's fitness to the next level.

**FREE  
SURVIVAL  
TRAINING**

# RACE HARDER

INTRODUCING THE SURVIVAL AMBASSADORS: LET THE INDUSTRY'S FINEST SUPER TRAINERS GET YOU RACE-READY FOR THE UK'S LEADING OBSTACLE RACE SERIES, SURVIVAL OF THE FITTEST

**T**his year's Survival just got a little more interesting. We've recruited a super team of trainers and fitness experts to share their knowledge and help you prepare for the race of your life. Whether you're a seasoned Survivalist or a newcomer, our ambassadors will coach you every step – and obstacle – of the way.

Carefully selected for their different training styles, our ambassadors will feature in the pages of *Men's Health* as well as on our Survival channel at menshealth.co.uk. So whether you are looking for the inside track on team training, the best techniques for conquering each obstacle or solo strategies for survival, our ambassadors have the answers you need.

### FAISAL'S GROUP 30 CIRCUIT

Find a partner and use this circuit to increase your strength and cardio endurance. Repeat the circuit three times. Good luck!

**01 SPIDER-MAN  
PRESS-UP**  
30 seconds

**03 MILITARY CRAWL**  
30 metres


**05 BURPEE**  
30 seconds


**02 HIGH PLANK TO  
ELBOW PLANK**  
30 seconds

**04 FIREMAN CARRY  
WITH PARTNER**  
30 metres

**06 PUSH RUNS  
WITH PARTNER**  
30 metres

**TO SEE A VIDEO DEMONSTRATION OF THIS WORKOUT  
GO TO MENSHEALTH.CO.UK/SURVIVAL**

 [FACEBOOK.COM/MHSURVIVAL](https://www.facebook.com/mhsurvival)

 [@MH\\_SURVIVAL](https://twitter.com/MH_SURVIVAL)

 **new balance**

 **RAT RACE**  
ADVENTURE SPORTS

**SIGN UP NOW AND SAVE BIG! MHSURVIVAL.CO.UK**



## 01

### POST-JET REFUELLING CRISPY BAKED CHICKEN & QUINOA

#### SERVES TWO

- Flaxseed, 35g
- Chinese five spice, 1½tbsp
- Eggs, 2
- Lean chicken breasts, 2
- Quinoa, 175g
- Almond butter, 3½tbsps
- Soy sauce, 1tbsp
- Olive oil, dash
- Pak choi, 4 heads
- Garlic, 2 cloves, crushed
- A red chilli, seeds removed, sliced
- A spring onion, sliced

30  
MINUTES

£4.10  
COST PP

535  
CALORIES

**Silence your body clock's demands with this energising, high-protein dish, and recover from lethargy in less time than it takes to unpack your luggage**

**A/** Uploading your photos can wait. Mix the flaxseed, spice and a pinch of salt. Beat the eggs in a separate bowl. Coat each chicken breast in the eggs, then the flax mix. Bake at 180°C for 20-25min.

**B/** Stick your quinoa in a pan so it's just covered with water. "Boil then reduce and simmer for 15min," says Wu. Take it off the heat and place a cloth over the pot for 5min before fluffing with a fork.

Whisk together the almond butter, soy and 30ml water. Pour over the quinoa.

**C/** Finally, fry your pak choi and garlic, before tossing your quinoa through the vegetables. Serve with the chicken and garnish with chilli and spring onion for a dinner that will help you travel light.

#### EXPERT PROFILE



**NAME**  
ADRIA WU

**PROFESSION**  
CORDON BLEU  
TRAINED CHEF

Wu is the founder and head chef at London restaurant Maple & Fitz. Every month she transforms 10 simple ingredients into nutritious, mouth-watering meals.



## 02 DAYLIGHT-SAVING SALAD SWEET SPUDS, MELON & AVOCADO

**Shake off any lingering airborne germs while neutralising the damage from sun and sleep loss. This immune-boosting snack will get you back on course, fast**

**A/** Toss your potato cubes in a mix of olive oil, turmeric, salt and pepper, then bake at 180°C for 35min, or until golden (try matching them to your new tan).

**B/** There's no point topping a homemade salad with sugary shop-bought dressing. Finely chop a few basil leaves and mix them with lemon juice and yoghurt.

**C/** Peel, de-seed and slice the melon and avocado. Lightly oil a pan and cook each side on a high heat for 2-3min until they start to blacken. Cut them into bite-sized chunks and toss with the potato cubes, yoghurt dressing and a few basil leaves. Pack enough of these in and you'll soothe the sting of tomorrow's alarm. 🍌

#### SERVES TWO

- Sweet potatoes, 2, peeled, cubed
- Olive oil, 1tbsp
- Turmeric, 3 pinches
- Salt and black pepper to taste
- Basil, handful
- Lemon, juiced
- Greek yoghurt, 100ml
- Cantaloupe, ½
- Avocado, 4 slices

£1.85  
COST PP

210  
CALORIES

40  
MINUTES





# musclefood

Premium nutrition for healthy living



## FREE LARGE 10 INCH CHARGRILLED CHICKEN PROTEIN PIZZA FOR ALL READERS OF MEN'S HEALTH

enter code  
**MHPizza**  
at checkout

- Authentic Stonebaked Base
- Huge 67g Protein Per Pizza
- Only 3.7g Carbs Per Slice
- 75% Less Fat Than Takeaway Pizza

Scan me



### COMBINE WITH THESE NEW PRODUCTS:

#### MUSCLEFOOD FANS INCLUDE:



**David Gandy**  
Celebrity British Model



**Louis Smith MBE**  
Silver Medal GB Gymnast



**Billy Vunipola**  
English Rugby  
Union Player



**Jenson Button**  
McLaren Honda  
Formula 1 Driver



#### Low Fat Sausages

Chicken Breast Sausages & Lean Chicken Dogs  
just 1g Fat

**From £3 for 6 sausages!**



#### Protein Pork Scratchings

Tasty Original & Jalapeno Flavour – contains  
24g Protein

**Only £1.29 per large 35g bag!**



#### Free Range Whey Protein

More Protein Than Any Whey Concentrate – 85%  
Protein

**From £4.95 per 250g pouch!**

/MuscleFoodUK @MuscleFoodUK /MuscleFoodUK /MuscleFoodUK

Order at [www.musclefood.com/MHPizza](http://www.musclefood.com/MHPizza)

\*1 x 10" pizza free per customer. 1 code per customer per order. Min £25 order applies







# SAVING YOUR FACE

**MH PUTS SHAVING  
FOAM UNDER THE  
MICROSCOPE TO  
FIND OUT WHAT'S  
LURKING INSIDE  
YOUR LATHER**

**E**ven if you're sticking it out with the beard for now, the average man will shave 20,000 times in his life. Hair grows by half an inch per month, so this is not a habit to scrimp on. Knowing what's in your shaving cream – and seeping into your pores – makes a visible difference on a daily basis. We spoke to Dr Nick Plant, a reader in molecular toxicology at the University of Surrey, to cut through the fluff, uncover any hidden irritants and help you save face at the sink.

## SHAVING BY NUMBERS

If you've been wondering what your beard, or lack thereof, reveals about you, we've found the stats. Clean-shaven men come out on top

**59%**

of people think it's unprofessional to display an untrimmed beard in the boardroom

**9/10**

women find clean-shaven men more kissable than their stubbly counterparts

**39%**

of men feel pressured to keep their facial hair looking trimmed on a daily basis

UNSURE WHAT'S IN THE  
SUDDS? MH IS YOUR  
STUBBLE SHOOTER

## 01 \

### MOISTURE MASK

Propylene glycol moisturises the top layer of skin, allowing your razor to glide. It takes flak from some dermatologists because the chemical also appears in antifreeze, but it is marked as safe by industry regulators. Still, best not confuse it with toothpaste.

## 02 \

### SKIN SOOTHER

Anti-inflammatory aloe vera gel is proven to treat irritated skin. It often appears on your can alongside fellow calmer chamomile. It's worth placing a warm flannel on your face for a few secs too, says Aveda's Stelios Nicolaou\*. It raises the hairs for a smoother shave.

## 03 \

### SHELF LIFE

Sodium benzoate is a preservative to extend shelf life. It's been known to cause dry skin, so if you notice excessive dryness after shaving, opt for a brand without this ingredient (Maca Root Shave Cream £8 bodyshop.co.uk).

## 04 \

### AEROSOL POWER

If you need a clean-shave for work, isobutane cuts minutes off your regime. It works as a propellant, pushing foam out of the can faster. But it does cause rashes in some men. Try shaving soap in that case (Taylor Of Old Bond Street £24.50). And wake up earlier.

## 05 \

### FINISHING TOUCH

Mineral oil is a by-product of petroleum – but don't let that fuel concerns. It softens skin and is non-comedogenic, which means it breaks down oils without clogging pores, so won't cause spots. Leaving you free to focus on what the hell to do with your hair...



A full-body photograph of Keith Duffy, a member of the band Boyzone. He is shirtless, showing a muscular physique with visible tattoos on both arms. He is wearing dark blue shorts with white drawstrings and black sneakers. The background is a soft, out-of-focus pink and purple gradient.


NAME KEITH DUFFY  
BAND BOYZONE  
AGE 40

A full-body photograph of Nicky Byrne, a member of the band Westlife. He is shirtless, showing a lean physique. He is wearing black trousers and light-colored sneakers. He is looking upwards and to the right. The background is a soft, out-of-focus pink and purple gradient.

NAME NICKY BYRNE  
BAND WESTLIFE  
AGE 36

FROM  
BOYS TO  
MEN



A full-body photograph of Shane Lynch, a member of the boyband Boyzone. He is shirtless, showcasing extensive tattoos on his arms, chest, and torso. He is wearing a black baseball cap with a green logo and black athletic pants. The background is a solid light blue.

NAME SHANE LYNCH  
BAND BOYZONE  
AGE 39

A full-body photograph of Simon Webbe, a member of the boyband Blue. He is shirtless, showing a large fireman's cross tattoo on his chest and other smaller tattoos on his arms and torso. He is wearing black athletic pants and black sneakers. The background is a solid light blue.

NAME SIMON WEBBE  
BAND BLUE  
AGE 37

**ONCE THEY WERE POP IDOLS: PIN-UPS GRACING A MILLION GIRLS' BEDROOM WALLS. THEN THEY GREW UP. AND GREW SOME MORE. MH CHALLENGED FOUR OF POP HISTORY'S BIGGEST BOYBANDERS TO REDISCOVER THEIR POSTER PHYSIQUES**

The songs of Blue, Boyzone and Westlife may not feature on your workout playlists, but the mention of those boyband behemoths is enough to set free the brain's cache of irritatingly catchy '90s pop choruses. In their youth, Keith Duffy, Nicky Byrne, Shane Lynch and Simon Webbe made pop music history in groups that sold 90 million records. Those boys are now men, aged between 36 and 40, with kids and radio shows and reunion tours to worry about. Staying in shape isn't as easy as it was back then. Too little time, too much socialising, two chocolate bars in one sitting... these are today's stumbling blocks. So we tasked them with returning to pop idol shape, in just eight weeks. Who will take the number one spot on the latest *Men's Health* challenge chart?

**WORDS BY PAUL WILSON  
PHOTOGRAPHY BY DAVID ELLIS**





# ALL RISE TO THE CHALLENGE

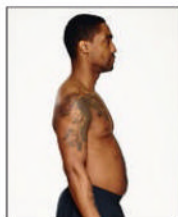
**SIMON WEBBE FROM BLUE HAS ONE LOVE: SUGAR. HE USED MMA TRAINING TO GET A STRANGLEHOLD ON HIS WAISTLINE**

**H**ordes of screaming teenagers once worshipped at the altar of Webbe's abs, but the gym had nothing to do with it. "We'd do 31 gigs on a tour, some matinees, an hour-and-a-half under the hot lights. I'd keep a 28-inch waist just by sweating." Once his schedule slowed down, so did his metabolism. His appetite, however, didn't get the memo.

This quarter of Blue knew he had a problem with sugar when he found himself mainlining it by accident. "Two years ago," he says, "I snapped my Achilles and was in bed for six weeks; I put on 15kg. Weaning myself off sugar after that was really hard. At one point, I was sleepwalking and I ate sugar out of the pot." He looks *MH* right in the eyes – he doesn't dance around the issue. "That's when I knew I had a serious problem."

Webbe, 37, rose to the challenge and enlisted the help of Craig Lawson, who whips boxers and

## BEFORE



WEIGHT 86KG  
WAIST 34IN  
BODY FAT 21%

## AFTER



WEIGHT 76KG  
WAIST 32IN  
BODY FAT 11%

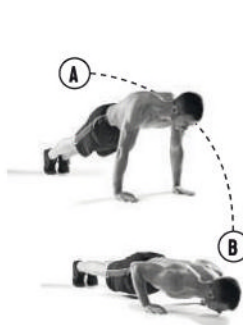
mixed martial artists into fight-ready shape. "Simon was on tour for the first few weeks, then hurt his neck getting out of bed," says Lawson. "After resting it for a few days, we upped the sessions and controlled his calories more. In the last week, he was burning 1000 calories a day, with a lot of boxing work. Simon is not an athlete, but he put in as much work as any of my fighters. When he puts his mind to something, he's a dangerous force."

His injury meant Webbe only had four weeks to see results, but incorporating two workouts a day into his schedule meant he was able to shed an incredible 10kg in that time. And setting a goal allowed him to quell his cravings. "I can eat two bars of Teaser chocolate in one sitting," he says, "but if I'm working towards a goal, like with this challenge, not doing that is easy." We'll happily sing his praises for that.

*Thanks to @craiglawsonpt*

## STRONG SOLO SESSION

FIGHT FOR YOUR MOMENT IN THE SPOTLIGHT WITH WEBBE'S MMA-INSPIRED CIRCUIT



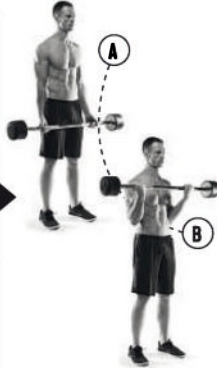
### 30/30 PRESS-UP 4 SETS OF 1 REP

Think a single press-up is easy? Think again. In a press-up position (A), take 30sec to lower and hold at the bottom if you get there too fast (B). Press back up for another 30sec to find new respect for this humble move.



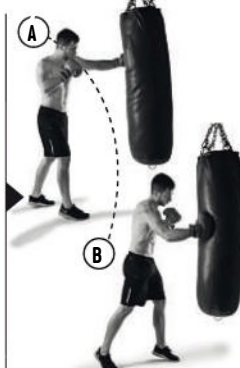
### 30/30 BACK SQUAT 4 SETS OF 1 REP

Don't overload the bar. Feet shoulder-width (A), use the 30/30 principle to drop into a deep squat (B). This works your fast twitch fibres far more than your average 10 rep set – ideal for building power (with no ballads).



### BICEP CURL 21S 4 SETS OF 21 REPS

This one's an MMA favourite for improving muscle endurance (and filling out a vest). Start with 7 low reps from the bottom of the curl (A) to waist height; then 7 from waist to shoulders (B); and finally 7 full reps.



### BOXING DRILL 4 SETS OF 60SEC

Alternate punches to the 'head' (A) and 'body' (B). Maintain a good tempo and consistent rhythm for crowd-pleasing results. When you're finished, rest for one minute, then return to your 30/30 moves.

STYLING: SHARON AGRICOLE | GROOMING: TAHIRA HEROLD AT LHA REPRESENTS USING KIEHL'S SKINCARE, Aveda Hair and MAC MAKEUP | SIMON WEARS: JOGGING BOTTOMS AND TRAINERS BOTH STONE ISLAND | WORKOUT PHOTOGRAPHY: HEARST STUDIOS

**SIMON REFUSED  
TO GIVE IN TO  
HIS ONE LOVE**





**“I WAS SLEEPWALKING  
AND EATING SUGAR OUT  
OF THE POT. IT WAS A  
SERIOUS PROBLEM”**



# LET THE REASON BE BULK

**BOYZONE'S SHANE LYNCH DITCHED A BACK CATALOGUE OF CARDIO TO GET HEAVY WITH HIS TRAINING**

## BEFORE



**WEIGHT** 77.5KG  
**CHEST** 40IN  
**BODY FAT** 10%

## AFTER



**WEIGHT** 81KG  
**CHEST** 44IN  
**BODY FAT** 9.5%

Lynch was not the portly prince of pop looking to shape up when *Men's Health* called. He was in triathlon training, down to 10% body fat and, at 5ft9in, a lean 77.5kg. His mission was to put on muscle. "It was scary," he says. "I'd never done lunges or squats in my life."

His trainer Mike Smalley set a plan of three weights sessions a week, which saw Lynch add 5kg of lean mass in eight weeks: "Shane's slim, so we put size on his arms, chest and shoulders."

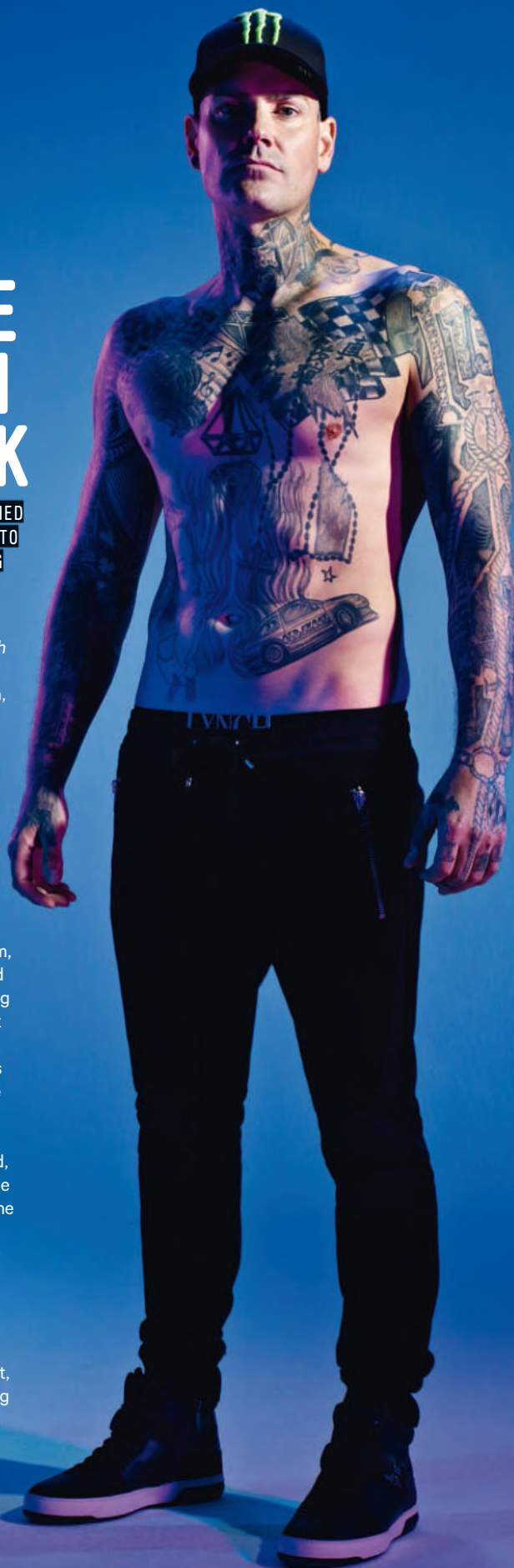
The real shock to Lynch's system, however, was the diet. He was used to eating vast amounts of green veg and lean protein, and little else. But to add 9cm to his chest he had to get reacquainted with carbs. "I was eating things I couldn't believe," he says. "The stuff of treats. Potatoes. A potato is like a cake for me."

In 2007, when Boyzone reformed, they started working out. "We made sure there was zero reason for anyone to say you weren't doing your job," Lynch says. First time around, they did "so much performing we didn't have to workout between shows."

He turns 40 next year. "We were thin and lean and youthful, but my body is in better shape now. At first, it was in shock. But then I was doing lifetime bests: 32kg bicep curls. I never dreamt I'd do that."

Thanks to @MikeSmalleyPT  
[dynamicspurley.co.uk](http://dynamicspurley.co.uk)

WORDS (AND LOTS OF LUNGES) ARE ALL SHANE HAS



## FINE TUNED

LYNCH'S SET LIST FOR ALL-OVER BULK



### CHIN-UP

5 SETS OF 10

Arms fully extended (A), pull up, aiming to get your collarbone between your hands at the top of the rep (B).



### TRICEP DIP

5 SETS OF 10

Hands on a bench (A), lower yourself until your elbows reach 90 degrees (B), then push yourself up sharply.



### SUMO DEADLIFT

5 SETS OF 10

With a wide stance, pin your shoulders back (A) and squat (B). Push back up and squeeze your glutes at the top.



# GET BACK IN THE ZONE

AFTER YEARS OF YO-YOING IN WEIGHT, BOYZONE STAR KEITH DUFFY, 40, TURNED HIIT-MAKER TO DROP 5KG

## BEFORE



WEIGHT 95KG  
WAIST 39IN  
BODY FAT 20.5%

## AFTER



WEIGHT 90KG  
WAIST 36IN  
BODY FAT 12.7%

Last year, for the TV diving show *Splash!*, Duffy was in fine shape: Speedo-ready, single-figure body fat. Then he did theatre: after-show drinks, eating out. His body fat doubled in months. In his platinum-selling single days, Duffy weighed in at a lean 80kg. He'd now ballooned to 104kg. "I've got a diploma in personal training," says Duffy. "But I felt like a caddy who talks a better game than a golfer – I wanted to see what I'd be like with a club in my hands." In his bag, some heavy-hitting resistance sessions and interval-based circuits.

"I enjoyed the training," he says. "But there were nights when I'd sink a few pints thinking, 'Am I going to regret this?' I try to be healthy but still socialise once or twice a week. I got very fit but I'm not in the best shape of my life, and I wanted to be."

Trainer Paul Byrne helped Duffy get back on the wagon. "Nobody trains harder than Keith," says Byrne. "I tell him, 'I've only got to look good for one girl; you've got to look good for 10,000.' That motivates him."

Thanks to @BodyByrne bodybyrne.ie

## ONE HIIT WONDER

BUILD BULK AND LOSE WEIGHT WITH DUFFY'S DOUBLE-ACTION CIRCUIT

1



### RENEGADE ROW

4 SETS OF 20 REPS

Take a dumbbell in each hand. With your arms locked out in a press-up position (A), row the weight to chest height (B), one hand at a time, alternating sides.

2



### SPIDER-MAN CRAWL

4 SETS OF 20M

With your back straight and core braced (A), simultaneously move your left hand forward while bringing your right knee to right elbow (B) for calendar-worthy abs.

3



### SLED PULL

4 SETS OF 10M

Useful for when you need to carry your band mates. Sprint across the gym floor, driving forward with your knees high, back straight and shoulders back (A&B).

"I FELT LIKE A CADDY WHO TALKS A GOOD GAME. I WANTED THE CLUB IN MY HANDS"

KEITH GOES HARD  
NO MATTER WHAT  
THEY TELL HIM





LET NICKY RAISE  
YOU UP, TO MORE  
THAN YOU CAN BE



# LEAN MASS APPEAL

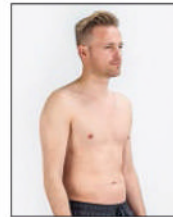
NICKY BYRNE FOUND FAME IN WESTLIFE FOR FLYING WITHOUT WINGS, BUT HIS TRAINING NEVER GOT OFF THE GROUND – UNTIL NOW

**W**ith three children, a day job and additional work on the weekend, Nicky Byrne is a busy man. And though his commitments are as enjoyable as employment gets – a lunchtime radio slot, Ireland's Saturday-night lottery game show – time doesn't stand still just because you're having fun. Finding the space to stay fit is difficult.

"If I could train twice a day, I would," says the 36-year-old, "but this was about finding three sessions a week over eight weeks, fitting around family and work. And I'm writing and recording an album. I'd never been busier."

Byrne trained in Dublin with former Irish kickboxing champ Pdraig Murphy. With just three sessions a week, Murphy had to raise up the intensity of gym sessions. Legs on Monday, chest and back Wednesday, and Thursday for shoulders and arms, with some boxing-inspired

## BEFORE



WEIGHT 71KG  
LEAN MASS 57KG  
BODY FAT 20%

## AFTER



WEIGHT 72KG  
LEAN MASS 61KG  
BODY FAT 15%

pad work after each session for good fat-burning measure.

"I wiped him clean on the legs day," says Murphy. "The last week he did German volume training: 10 sets of 10 squats alternated with 10 sets of 10 leg curls. He suffered, but Nicky always comes back for more. He dropped a lot of body fat."

It is almost 20 years to the day that Byrne, then Leeds United's youth team goalkeeper, travelled to Southampton for a Premier League game as cover for first-choice keeper John Lukic. He went on to stand between the posts for Ireland's youth teams. It taught him lessons for life.

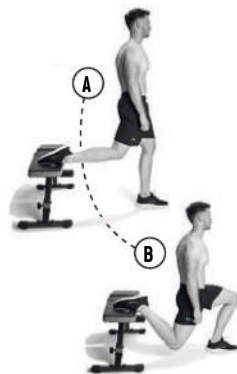
"I learned what it's like to push yourself," he says. "Running was a big part of the fitness back then: they'd punish us with hill sprints if one of us got caught drinking. Fridays were hard, but that was fish and chips day, too." He pauses. "I haven't had a chip for eight weeks now." 🍷

Thanks to [evolvfitness.ie](http://evolvfitness.ie)

"FRIDAY IS HARD...IT'S FISH AND CHIPS DAY. I HAVEN'T HAD A CHIP FOR EIGHT WEEKS NOW"

## RAISE YOURSELF UP

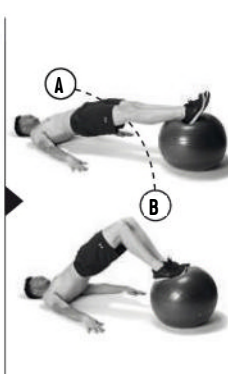
STAND LIKE YOU MEAN IT AT THAT KEY-CHANGE WITH BYRNE'S LEGS DAY WORKOUT



### SPLIT SQUAT

5 SETS OF 20 REPS,  
10SEC REST

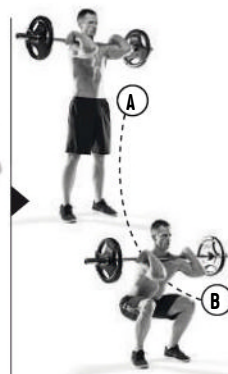
Rest one foot on a bench (A). Keep your back straight and slowly lower into a one-legged squat. Don't let your back knee touch the floor (B). Do 10, then switch legs. As you progress, add dumbbells.



### SWISS BALL LEG CURL

3 SETS OF 12 REPS,  
60SEC REST

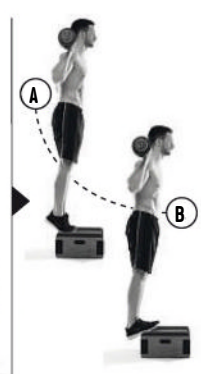
To nail complex dance moves (or walk without a limp) into later life, strengthen your posterior chain with this exercise. Feet on a Swiss ball (A), lift your hips to roll the ball in (B), then back out.



### FRONT SQUAT

4 SETS OF 8 REPS,  
30SEC REST

There's nothing cheesy about this weights room classic. Rest the bar just below your collarbone (A), lower into a squat, pushing your hips back and elbows up (B). Drive back up to standing.



### CALF RAISE

3 SETS OF 20 REPS,  
30 SEC REST

Holding a barbell, plant the balls of your feet on a raised platform. Drive up onto your toes (A), then dip your heels toward the ground (B). Now back up on to your toes. Feel the Byrne.

NICKY WEARS: JOGGING BOTTOMS PAUL SMITH, TRAINERS ADIDAS



# THE FIRST ACTION HERO

He told you he'd be back. Now, as Arnie reignites his acting career, MH talks to the actors, directors, strongmen and politicians from his past, for a unique total recall of the life and work of a true Hollywood icon

WORDS BY JOHN NAUGHTON - ILLUSTRATION BY NOMA BAR

**I**n Arnold Schwarzenegger's *Encyclopedia of Modern Bodybuilding* there's a sub-chapter entitled Fear of Smallness. Dealing with body fat percentages, it's a passage almost as brief as the trunks he wore when he captured seven Mr Olympia titles. Arnold has never really done small. Or, for that matter, fear. Schwarzenegger has always preached the power of visualisation, but what has separated him from others subscribing to the same philosophy is the vast scale of his ambition and ability to see himself achieving greatness. Seemingly, the only

thing bigger than his body has been his dreams. Thus he has all but invented the sport of bodybuilding, become the biggest movie star in the world and governed an economy bigger than Russia's for seven years. Who else on earth has achieved so much in three such discrete disciplines? It's like Usain Bolt becoming head chef at Noma and a chess grandmaster.

Now, he's embarked on an unlikely fourth act, a return to the big screen and to his most famous franchise, the time-travelling cyborg with a penchant for public nudity. While *Terminator*

*Genisys* may not fully recapture the magic and menace of James Cameron's first two instalments, it undoubtedly remains one of the films to see this year. Moreover, this month also sees the 67-year-old Schwarzenegger break new ground with his debut in the indie film sector with the low-budget *Maggie*, the story of a father trying to protect his daughter, stricken with a virus which will change her into a zombie. It's typical of a man not prone to looking in the rear view mirror that he should be breaking new ground well into his seventh decade. >

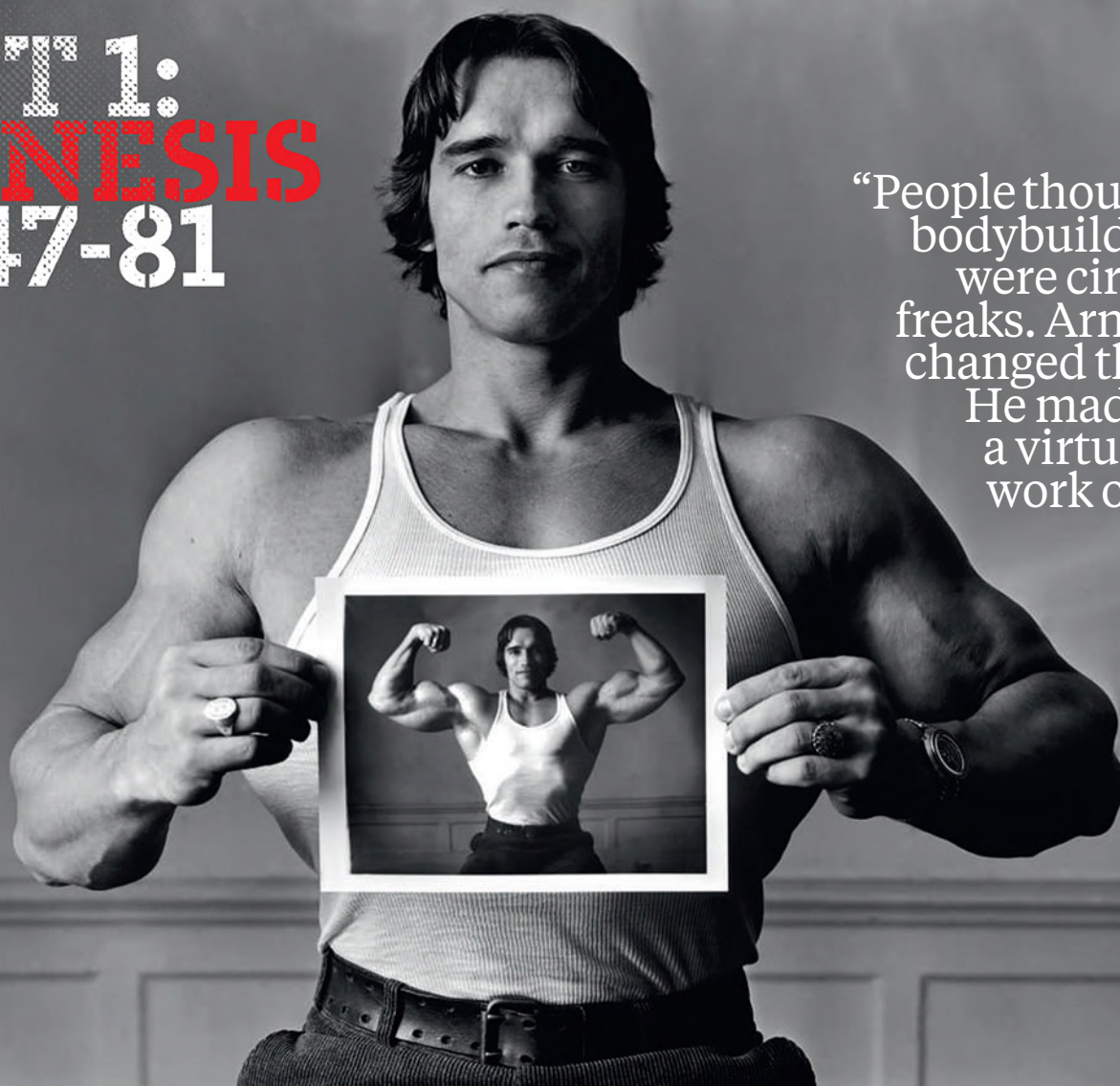






# ACT 1: GENESIS 1947-81

“People thought bodybuilders were circus freaks. Arnold changed that. He made it a virtue to work out”



**A**rnold Schwarzenegger was born on July 30, 1947 in the village of Thal in south-east Austria. He was the second son of local police chief (and former Nazi) Gustav and his wife Aurelia. His father showed a marked preference for his older brother, Meinhard, and treated Arnold harshly. Against his father's wishes, he developed an interest in bodybuilding as a teenager, idolising the English musclemán Reg Park. Emulating Park, Schwarzenegger entered and won bodybuilding competitions (in 1967, aged 20, he became the youngest ever Mr Universe) before moving to the US in 1968, where he found work in a few low-budget films. In 1972 he met photographer George Butler, whose pictures would later illustrate a 1974 feature in *Sports Illustrated* about bodybuilding. This meeting led to 1977's *Pumping Iron*, the documentary that told the story of Arnold's attempt to defeat fellow strongman Lou Ferrigno and become Mr Olympia for the sixth time.

**Arnold Schwarzenegger:** I never felt that I was good enough, strong enough, smart enough. He [his father] let me know that there was always room for improvement. A lot of sons would have been crippled by his demands, but instead the discipline rubbed off on me. I turned it into drive.

**George Butler (director of *Pumping Iron*):** This is a man of bottomless ambition. It's always been there. He sees himself as mystically sent to America.

**John Milius (director of *Conan The Barbarian*):** Until Arnold, people thought bodybuilders were perverts or vain circus freaks. Arnold changed that. He turned himself into a household name and made it a virtue to work out.

**Butler:** In the early days he had this thing called The Master Plan. As I remember, it was a campy mix of of Nietzschean



philosophy and a Soviet Five-Year Plan, but before Charles [Gaines, co-writer of *Pumping Iron*] and I dismissed it, we scratched our heads. Arnold, as we could see with our own eyes, was actually beginning to make it work.

**Schwarzenegger:** The only way to be a champion is by going through these forced reps and the torture and pain. Pain makes me grow. Growing is what I want. Therefore, for me pain is pleasure.

**Lou Ferrigno (co-star in *Pumping Iron*):** I was ecstatic to be in that movie [*Pumping Iron*] because I knew that whatever happened I was going to be part of something that was history because of myself and Schwarzenegger. Arnold was five times Mr Olympia and to be on stage with him meant you were on stage with the best. It was a lot of fun and it put bodybuilding on the map.



**FATHER, FAR RIGHT**  
GUSTAV'S NAZI PAST WAS INVESTIGATED BY A JEWISH HUMAN RIGHTS ORGANISATION AT HIS SON'S BEHEST



# ACT 2: THE BIGGEST TALENT IN HOLLYWOOD 1982-92



**Peter Manso (journalist who interviewed Schwarzenegger for an infamous 1977 *Oui* magazine article):** Initially I figured it would take a while to adjust to the sheer physical presence of the guy, but that wasn't so. He didn't appear particularly monstrous, although he's definitely not the kind of fellow I'd like to pick a fight with. First and foremost, Schwarzenegger was a European, with the manners and humour to match. Never before in my life have I had the nerve to ask somebody the size of his cock. That was not, of course, my first question.

**Butler:** I saw him open his mail once. Except he didn't open it. He sat at his desk and looked at his letters against a bright lightbulb. If there was no money in it, he would just throw it in the wastebasket.

**Sylvester Stallone (friend):** I remember him at the [1977] Golden Globes and I said, 'Who is this guy?' As big as the whole table. Kind of rained on my parade. *Rocky* was Best Picture and he was Best Newcomer [for 1976's *Stay Hungry*]. Beforehand, he kept staring at me, getting bigger and bigger. And finally, they said, 'Best Newcomer, Arnold Schwarzenegger' and I was like, 'He's a joke, no one has a name like that. He's doomed, over, flash in the pan.' Then *Rocky* won Best Picture and I jumped up like an idiot and there was this bowl of flowers and I threw them up in the air and they landed all over his shoulders and I could see him thinking, 'Am I going to cross-pollinate this guy?'

**PARK LIFE**  
LIKE HIS BODYBUILDER  
TURNED ACTOR IDOL  
REG PARK (TOP LEFT),  
ARNIE WENT ON TO  
PLAY HERCULES



**GREEN WITH ENVY**  
PUMPING IRON SAW  
ARNIE FEND OFF LOU  
'THE INCREDIBLE  
HULK' FERRIGNO

**A**fter seeing a rough cut of *Pumping Iron* in 1976, producers Edward R Pressman and Edward Summer approached Schwarzenegger to appear in their planned adaptation of Robert E Howard's Conan stories, paying him \$250,000 and putting him on a retainer. When *Conan The Barbarian* opened in 1982, it announced its muscular hero as an international star. Two years later, having secured the lead role in James Cameron's *The Terminator* (after the studio's original choice OJ Simpson was rejected on the grounds that he was considered too nice to play a killer) Schwarzenegger was established in the first rank of action movie stars.

**Milius:** Back when I made *Conan*, no-one had ever made a movie like that with real athletes. Sandahl [Bergman] was a dancer and Gerry [Lopez] was a surfer, and Arnold was Mr Olympia. They are serious, hard-working people; they work harder than anyone.

**James Cameron (director of *Terminators 1 & 2*):** We did the first *Terminator* for the price of Arnold's mobile home in the second.

**Linda Hamilton (co-star in *Terminators 1 & 2*):** We almost didn't act together in *T1* because he chased me continuously.



**FIRST REFUSAL**  
ARNIE TURNED DOWN HENCHMAN ROLES  
TO HOLD OUT FOR LEADING-MAN PARTS

When he finally caught up he was an endoskeleton! Arnold hung around the set a lot though, and was a good sport. He still is. I don't think any of us guessed how big a mega-star he would become. But he's a team player, doesn't keep you waiting and was very generous with his personal gym and aeroplane.

**Cameron:** He was put forward for the role of Reese, ultimately played by Michael Biehn. It's a very verbal character and he basically explains the entire future world with about 20 pages of expository dialogue. When I went to meet with Arnold it basically derailed that. But when I met him he was incredibly charismatic and focused and smart. While I was sitting there, I started thinking, he would make an incredible Terminator. So maybe let's just hang a left turn and explore that idea. We pitched

the idea of Arnold as The Terminator to his agent [Lou Pitt] and the agent turned us down. Then Arnold fired him the same day and we had a deal the next day. Actually, he hired the guy back. He just fired him to teach him a lesson.

**Schwarzenegger:** I argued with Jim Cameron about whether I should say,



"I will be back," as it sounded stronger, more machine-like. He said, "I wrote it and it's 'I'll be back,' so do me a favour and just say it." We argued about it but I didn't understand why that would be an interesting line at all.

*In the final six years of the 1980s Schwarzenegger consolidated his position with a series of hugely successful action movies including Commando, Predator and Red Heat. In 1990, having missed out on the lead in 1987's RoboCop, he teamed up with that film's director Paul Verhoeven for the Philip K Dick adaptation Total Recall.*

**Mark L Lester (director of Commando):** Going around with Arnold and hanging out with him before the script was finished, I thought, 'Wow, he's really funny, but no-one's utilised that.' He already had it in him, but I brought it out, that he could be sympathetic, and that went on to be his persona for many movies.



**UNDER-COVERS AGENT**  
ARNIE TERMINATES  
WIFE SHARON STONE  
IN TOTAL RECALL WITH  
THE LINE "CONSIDER  
THAT A DIVORCE"

**Paul Verhoeven (director of Total Recall):** Arnold's confidence is not surprising if you consider what he's accomplished. He was not a logical choice for fame. But his drive and his charm made him different. It made him a star.

**Sharon Stone (co-star in Total Recall):** I remember a scene we shot where I had on a little nightgown and he was supposed to be nude. He had on tiny little underpants. He was so shy, it was adorable – there was a tremendous vulnerability.

**Lester:** Arnold tells a story, and it's true, that he wanted to cut a guy's arm off and slap him with it, and he wanted to say, 'I'll give you a hand,' but it got way beyond campy, so we didn't do it.

**John McTiernan (director of Predator):** I like Arnold, I've always liked him. He's as strong as he looks. He's as strong mentally as he looks physically. I wasn't tempted to somehow make fun of him.

**Hamilton:** I can't honestly say, hand on heart, that Arnold is a wonderful actor. Yet he knows how to use his persona well and smartly. And when it comes to merchandising and marketing you can't argue with him. He's also a lot braver than people imagine. He had this wonderful moment where he smiled at John [played by Edward Furlong]. The rushes were hysterical. But Arnold went for it and I really appreciated the dedication.

## LIFT LIKE AN OLD ACTION HERO

*You may not have Arnie's pedigree, but you can use his example to age strong*



**01**

### Keep pumping iron

But don't try to train the same way you did in your twenties. Warm up for longer, pay attention to aches and pains and try doing 3 sets of 30 reps using lighter weights.



**02**

### The running man

These days, Arnie stays fit with cardio, not metal. Your metabolism slows with age, making it all the more vital. Aim for four 45min sessions per week, mixing cycling, hill walks and indoor rowing.



**03**

### Hungry for success

Moderation is the key here (as Arnie said, grown-ups "have to drink beer"). His other, more relevant, tip: "If it jiggles, it's fat." So if you don't want your body to wobble, make sure what you eat doesn't either.

# ACT 3: BECOMING EXPENDABLE 1993-2003

**S**chwarzenegger's decade-long hot streak came to an abrupt halt with the release of John McTiernan's *uberflop*, *The Last Action Hero*. It proved the limit of Arnie's popularity and ushered in a decade of movies which performed badly and received critical kickings galore. Whether Patrick Stewart, considered for the role of Mr Freeze in Joel Schumacher's disastrous *Batman & Robin*, has ever bought Schwarzenegger a drink to say thanks is not known.

**McTiernan:** To be rejected so soundly... it kind of broke his heart.

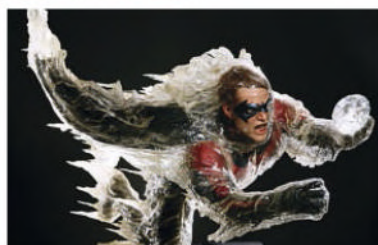
### Schwarzenegger (on playing Mr Freeze):

I don't regret it at all. I felt that the character was interesting and two movies before that one Joel Schumacher was at his height. So the decision-making process was not off. In most cases I don't regret the movies that failed or were not as good. It's always easy to be smug in hindsight, right?



### Kevin Pollak (co-star in End of Days):

I started to realise that he really is to the cinema, to Americans, our Superman. In the sense that when you meet him and talk with him initially, it feels like you're interacting with an action figure, not someone human or real. But he is



**OUT IN THE COLD**  
ARNIE'S ICE-BASED  
MR FREEZE PUNS WERE  
MORE CHILLING THAN  
GEORGE CLOONEY'S  
BAT-CODPIECE

also very aware of and comfortable being sort of a tourist attraction on any set that he works on. When friends and family of anyone visit, he's quick to pose for a picture, very gregarious and friendly in that regard.

### Roger Spottiswoode (director of The 6th Day):

He has a public persona that's not quite what he is. He has a macho image, but he spends time playing chess – and he's very good at it. Yes, he is The Guy, but he also thinks a lot more than he lets on.



# ACT 4: THE GOVERNATOR AND BEYOND 2003-15



**S**chwarzenegger proved Spottiswoode right, reinventing himself in the most spectacular style. With his action hero status diminishing, Schwarzenegger moved into politics with his wife, Maria Shriver, scion of the Kennedy clan, playing a key role. He wrongfooted his opponents by announcing his intention to run for the Governorship of California at the 11th hour to Jay Leno on *The Tonight Show* in August 2003 and was elected in October of the same year. Initial success and popularity soon gave way to an all-too-familiar political impasse which saw his ratings plummet. In 2011 he left office and resumed his movie career. In the wake of the revelation that he had sired a son with his housekeeper, Shriver left him. The success of *The Expendables* has restored his box-office muscle and helped make *Terminator Genisys* a reality. If his current plans come to fruition he will soon be making sequels to *Twins*, his Conan series and further *Terminators*.

THOMAS HOEPKER, MAGNUM PHOTOS; IAN COOK, SCOPESFEATURES.COM

**Schwarzenegger:** My relationship to power and authority is that I'm all for it. People need somebody to watch over them and tell them what to do.

**Susan Kennedy (Democrat and Schwarzenegger's Chief of Staff):** There were a lot of times when we said, You just can't do that. He was always like, I don't care. Ninety percent of the time it was a good thing.

**Stallone:** He's my best friend now. It's strange, given what big rivals we used to be. He's still ridiculously competitive, though. I have this watch which is the only one of its kind in the world, so I wore it to our last lunch. Arnold was desperate for me to get him one but I had to explain that wasn't possible. He was so mad!

**Lane Leavitt (stunt man on *The Last Stand*):** Arnold at 65 was more of an athlete than most Hollywood actors at 25.



**BRAINS AND BRAWN**  
SO-CALLED MEATHEADS  
ARNIE AND SLY HAVE A  
GOLDEN GLOBE AND  
OSCAR RESPECTIVELY

**Henry Hobson (director of *Maggie*):** He has this mantra which is, 'Preparation Prevents Piss-Poor Performance' and he would repeatedly say this on set. Once he believed in the project and in me it was full steam ahead and he was very generous with his time and energy.

**Butler:** In the beginning he was an awkward bodybuilder in a dark subculture that America wanted no part of. At the end he was an international star, ready to become the richest man in California and eventually the highest-paid movie actor in history.

**Schwarzenegger:** What is the point of being on this earth if you're going to be like everyone else?

## RE-ENACT ARNIE'S BEST (BODY)PARTS

Follow his advice to say "hasta la vista" to your girly-man physique



01

### Conan's chest

At his bodybuilding biggest, Arnold boasted a 57in chest, and he wasn't far off it when he wielded the broadsword in the Conan movies.

#### Arnie's exercises

Flat bench press and incline dumbbell press.

#### Arnie's expertise

"Make your grip wider than your shoulders when bench pressing, so the pectorals do a major part of the work."



02

### Terminator's back

His opening appearance as the cyborg, side-on and buck naked in classical Greek pose, highlighted his all-round muscularity, but his career-defining catchphrase dictates that we focus on his lats.

#### Arnie's exercises

Wide-grip chin-up and bent-over barbell row.

#### Arnie's expertise

"When doing barbell rows, keep your upper body parallel to the floor and don't use your lower back to lift."



03

### Dutch's arms

Arnie famously said, "I have a love interest in every one of my films – a gun." He was also justifiably fond of his own guns, which looked close to their 22in bicep biggest when he went Dutch in *Predator*.

#### Arnie's exercises

Standing barbell curl and seated dumbbell curls.

#### Arnie's expertise

"Twisting your wrists as you lift and lower the dumbbells causes a fuller contraction of the biceps."



04

### Ben Richards' legs

In his early bodybuilding days, Arnie was so ashamed of his skinny calves that he cut his sweatpants short to shame himself into working them to a 20in circumference. Handy for evading his pursuers in 1987's *The Running Man*.

#### Arnie's exercises

Machine squat and standing calf raise.

#### Arnie's expertise

"The weight should be heavy, but not so heavy that you cannot come all the way up for most of your reps."



CENTREFOLD SCIENCE

# Long life lessons

LIVING FOREVER NEEDN'T BE A LAST CRUSADE. THESE EXPERT PRESCRIPTIONS FROM THE GREAT AND GOOD IN HEALTH SCIENCE USE THE LATEST RESEARCH TO ADD YEARS TO YOUR LIFESPAN. FOLLOW THEIR ADVICE TO ACHIEVE MODEL FITNESS

WORDS BY TED LANE  
PHOTOGRAPHY BY MARC VAN DALEN





01

## THE DIAGNOSIS

## A black dog on your shoulder

## THE CURE

## A downward dog on your floor

**Mental problems can have physical solutions, says psychologist Cristian Pena**

Male suicide stats are a huge issue at the moment. Rightly so: it's the biggest killer of UK men under 50. But, beyond antidepressants, there are other ways to defend against depression and anxiety.

A recent Oxford Uni study found mindfulness-based cognitive therapy helped 70% of patients. But while stressed out City types are on board with the trend, many still see meditation as mumbo jumbo.

Instead, yoga can prove a more palatable way to benefit from the principles of mindfulness. "Focusing on each posture helps you concentrate on the present moment in a way identical to mindfulness," says Pena. A daily routine will strengthen your body and your mind.

## THE PRESCRIPTION

Perform these moves before bed to nix the day's stress

■ **CHILD'S POSE** Sit on your heels, fold over to rest your head on the floor and stretch your arms forward. Stay in each pose for 10 breaths.

■ **BRIDGE POSE** Lie face up, knees bent. Lift your hips and bring your chest up to your chin. Clasp your hands together under your body.

■ **DOWNWARD-FACING DOG** From all fours, slide your hands forward and lift your hips so your body forms a 'V'. Try to push your heels down.

HOLD THIS POSE AND FEEL YOUR SERENITY FLOW





02

## THE DIAGNOSIS Poor cardio performance

### THE CURE Eat your greens, fast

**Fresher fruit and veg keep your heart healthier, says nutritionist Scott Baptie**

Don't leave those braeburns in your fridge for too long. Time spent in storage means nutrients lost – which is bad news for your heart. US research shows that nitrates, found in health-food staples such as apples and kale, can reduce your production of EPO, which boosts red cell production and thins your blood. Not ideal if you were planning to dope your way onto the podium at Le Tour, but great for reducing your risk of stroke or heart attack.

This is all well and very, very good. The problem is, nitrate levels begin to drop as soon as veg are harvested. Only buy fresh produce you intend to eat that day, and aim to go straight from grocery bag to chopping board.

#### YOUR PRESCRIPTION

Squeeze more from each stem and sprout with Baptie's tips

■ **WELL SEASONED** If it's in season, it's likely British. Check [whats-in-season.com](http://whats-in-season.com) to plan your shop and reduce the field-to-fork lag time.

■ **WEEKLY FREEZE** Don't fear the frozen aisle. Because veg is frozen straight after picking it can retain more nutrients than fresh food.

■ **GO LOCAL** It pays to support your grocer. Local veg has a short storage time, so is able to ripen to its optimal point before it's picked.

YIELD TO  
TEMPTATION.  
THE QUICKER  
THE BETTER





03

## THE DIAGNOSIS Lost marbles

### THE CURE Get back in the classroom

**Re-enrol to safeguard your brain cells, says Alzheimer's researcher Dr Laura Phipps**

It starts with lost keys and forgetting friends' names, but can develop into something more sinister: more than half a million people in the UK are affected by Alzheimer's.

New drugs such as DFMO show promise in medical trials, but won't hit the market for a while. But that doesn't mean your brain is helpless against dementia. "Education can't reverse Alzheimer's but it limits its effects," says Dr Phipps. A study in *Neurology* journal found that for every

extra year of education you are 10% more likely to boost brain weight, which is linked to better cognition in the face of the disease. Challenge your brain to learn new information: as little as four hours a week will safeguard your mental health. Time to go stationery shopping.

#### YOUR PRESCRIPTION

Signing up for one of these classes is a smart idea

■ **SI SEÑOR** Learn a language to fluency ([citylit.ac.uk](http://citylit.ac.uk)). Being bilingual delays the onset of Alzheimer's. And makes you appear 'worldly'.

■ **DON'T DRAW A BLANK** Taking up the arts is linked to a reduced risk of depression. Not a sketchy guy? Making music helps too ([open.ac.uk](http://open.ac.uk)).

■ **SCHOOL OF LIFE** For a more hands-on approach to brain health, pick up a vocational skill. Be every employer's dream ([learndirect.com](http://learndirect.com)).

50 SHADES OF GREY MATTER?  
WORTH A READ  
AFTER ALL



## THE DIAGNOSIS

# An untimely demise

## THE CURE

### The super supp

**Algae can halve your risk of early death, says Examine's supps expert Kurtis Frank**

There is no magic pill to protect you from all manner of deadly diseases. But new research shows that a humble blue-green algae supplement comes exceptionally close. Spirulina contains the compound C-phycoerythrin, which mimics bile acids in your blood and causes a condition called Gilbert's Syndrome. Actively seeking out a syndrome may seem strange, but research from *Gastroenterology* journal and the Hepatology Foundation found Gilbert's reduces your risk of early death from all ailments by as much as 50%.

"The higher levels of bilirubin in your blood, caused by taking spirulina, have amazing antioxidant and anti-inflammatory effects," says Frank. "They have the potential to increase longevity and reduce rates of disease to the same extent as Gilbert's Syndrome."

But slashing your risk of an early death in half does come at a price. The taste. Spirulina is notoriously unpalatable but, to benefit fully, you need to up your dose. "To see the real benefits to longevity, aim for 5-10g a day; 10g being optimal," says Frank.

## YOUR PRESCRIPTION

To help you relish this supplement's benefits for years (and years) to come, simply 'enjoy' a spirulina smoothie by blitzing 10g of the algae with a banana, a handful of blueberries, 300ml of coconut water and some ice cubes. Down this with your breakfast every morning – pinching your nose if necessary.

04





A HABITUAL  
VOYEUR OF WHAT  
IS KNOWN AS  
POND LIFE







#### THE DIAGNOSIS

### A plague on your glands

#### THE CURE

### Beans on toast

**Cook your cancer risk, says Ian Roden of the National Institute of Health Research**

A student staple could well be the best prevention for many types of cancer. No, not cold pizza and Frazzles, but Mr Heinz's magic beans.

Prostate cancer, for example, kills nearly 10,000 men in the UK every year, and over 300,000 worldwide. But a new wave of research has highlighted the foods that could keep you in the clear.

"Products such as baked beans were shown to be the most beneficial, with an 18% reduction in risk found in men eating over 10 portions per week," says Roden. But before you reach for the tin opener, you don't need to force down 10 plates of beans on toast to survive. The

journal *Cancer Epidemiology, Biomarkers and Prevention* created a 'dietary index' off the back of the study and found foods rich in selenium, calcium and lycopene to be the best at combating cancer. Tell the gourmards to ketchup.

#### YOUR PRESCRIPTION

Knock up a prostate-saving tuna melt to provide four of the 10 weekly portions you need on one plate. Top a slice of wholemeal bread (selenium) with tuna, red pepper (selenium, lycopene) and mozzarella (calcium). Stick it under the grill.

THIS REALLY WORKS, IT'S NOT JUST HOT AIR





THE GOLDEN  
YEARS RULE:  
QUALITY OVER  
QUANTITY

06

## THE DIAGNOSIS Beginning to look your age

### THE CURE A heavy dose of iron

**Modify your workouts for fitness that doesn't fade, says Dr Anne Newman**

Your mirror muscles might look good in T-shirt season, but switch the emphasis of your sessions and you'll build life-lengthening strength.

"Men lose their strength at a much faster rate when they get older," says Dr Newman, professor at the University of Pittsburgh's Center for Aging. Strength declines after age 40 and, according to the *Journal of Gerontology*, you lose 4% of your strength every year as you age.

"The problem surrounds loss of muscle strength, not mass; it's the muscle *quality* that degrades," says Dr Newman. But change your emphasis from volume-enhancing hypertrophy to strength training and your chance of hitting the bench (rather than sitting on it) into your later years increases by 17%. Instead of isolating the showy muscles in your arms, opt for compound movements. Heavy weight and low reps will help you stand strong well into your seventies. **10**

### YOUR PRESCRIPTION

To trade puffed up pecs for high-grade gains, add these moves to your workouts once a week, says PT Danny Fisher

■ **BARBELL DEADLIFT** 5 sets of 3 reps, with 90sec rest

■ **BENT-OVER ROW** 5 sets of 5 reps, with 90sec rest

■ **ZERCHER SQUAT** 3 sets of 5 reps, with 90sec rest



# IS NOVAK DJOKOVIC THE FITTEST ATHLETE OF ALL TIME?

How do you create an advantage when your rivals seem unbeatable? Or find that extra gear when your body is at its limits? The answer is to pick yourself apart – to dismantle the man and build the champion

WORDS BY SIMON BARNES

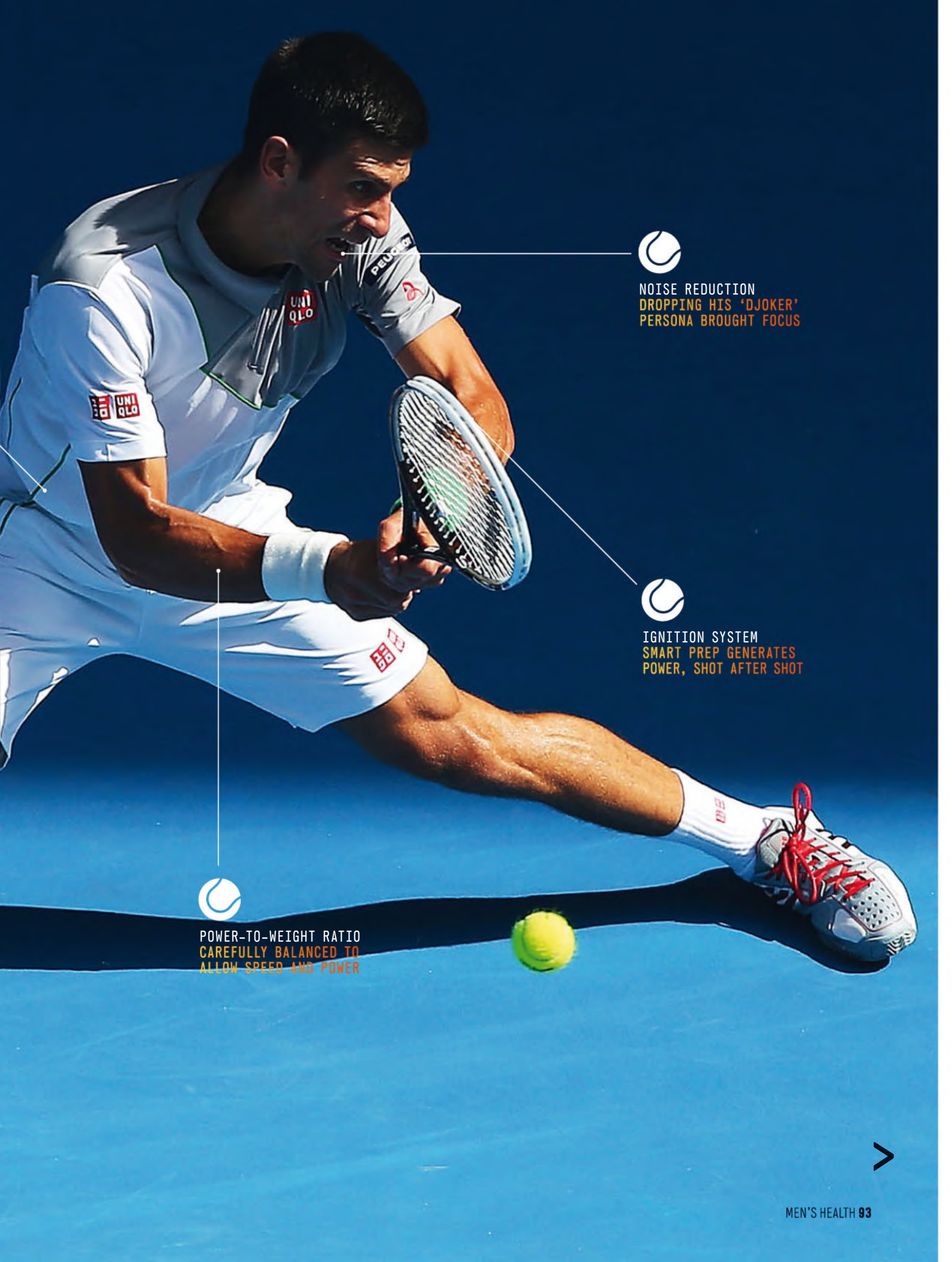


OPTIMAL FUEL ECONOMY  
A LACTOSE-FREE DIET  
IMPROVES HIS BREATHING



TRACTION CONTROL  
ENABLED BY HIS  
FULL-SPLITS MOBILITY





NOISE REDUCTION  
DROPPING HIS 'DJOKER'  
PERSONA BROUGHT FOCUS



IGNITION SYSTEM  
SMART PREP GENERATES  
POWER, SHOT AFTER SHOT



POWER-TO-WEIGHT RATIO  
CAREFULLY BALANCED TO  
ALLOW SPEED AND POWER





# First there was Roger Federer, then Rafa Nadal. Tennis was lucky to get one such player. To get two at the same time seemed utterly impossible.



They won every tournament, broke every record. Their count of Grand Slam singles titles stands at 17 for Federer (the men's record) and 14 for Nadal, equal-second with Pete Sampras. This includes an astonishing nine on the clay in Paris. Federer is a player of mesmerising and destructive brilliance; Nadal has the best topspin ever struck.

And yet, just when it seemed that only injury or retirement could end this historic duopoly, Novak Djokovic defied expectation – and belief – to break through and establish himself as better than either. This young man from Serbia took them both on at their peak, and went past them. Their dominance diminished not before his ascendancy, but because of it.

Djokovic has since won 53 singles titles, including eight Grand Slams, pocketing almost \$80 million in prize money in the process. He has been number one in the rankings for a total of 155 weeks – more than Nadal ever managed, and not far off McEnroe's 170. And one of the reasons he has made it to the top – and stayed there – is because he is arguably the fittest player ever to walk onto court.

Djokovic is so remarkably athletic that good judges are often blinded. They see

only the product of the gym: the discreetly muscled physique, the full-splits flexibility, the combination of staying power and brief recovery time. But he's not the best just because he is the fittest. He's the best because he has allied physical preparation on and off the court, mental tenacity and technical ability, to a level never previously seen in tennis.

Or perhaps – and here's the thing – any other sport.



## CARVE OUT A MENTAL EDGE

The modern tennis player is the complete athlete. Strength, speed, endurance, flexibility – to get to the top, and stay there, he needs it all. In track and field, you can specialise in the explosive events, or in the endurance. A top tennis player needs to be able to run the 10,000m, while taking occasional breaks to sprint 100m or do a bit of shot-putting. He needs the stamina to last five sets, but he must also have the dynamic power to make a long chase and unload into a kill-shot. He must be precise and skilful when close to exhaustion. And that describes the way Djokovic wins matches against the finest opposition tennis has ever thrown up.

"We have fitter, faster, stronger and better athletes; that's inevitable with increased professionalism," says Mark Williams, professor of clinical psychology at Oxford University. He suggests all sports have risen in levels of endurance, strength and quickness, but what sets tennis players – and Djokovic in particular – apart is not just great physical fitness, but psychological superiority.

"Everyone at the top levels of sport is fit," he says. "Without fitness you're no good, don't even start. But it's not enough. Tennis is also about higher-level cognitive thinking. You must know what your opponent will do: pick up his body-shape and his movement; know what shots to expect from what areas of the court. It's a matter of mental preparation over an extended timescale, and that's a process based on, say, 20 hours of practice a week, totalling 1000 hours every year. That's the way you create technical and tactical ability, and it's essential."

At the Australian Open final in February this year, it seemed that Andy Murray had got on top of the match as he levelled at set-all – but Djokovic found another gear to take the next set 6-3 and





FLEXIBILITY, BOTH PHYSICAL AND MENTAL, GIVES NOVAK AN EDGE

## EAT LIKE A CHAMPION

DJOKOVIC'S DIETITIAN, DR IGOR CETOJEVIC, SERVES UP ADVANTAGE

### ACE BREAKFAST

I was shocked at what Djokovic ate for breakfast: toast, jam, sugary cereals. It was like putting diesel into a Ferrari. Always start the day with muscle-regenerating eggs, and whizz up fresh berries, goji berries and spirulina for an energising antioxidant cocktail.

### PREP LIGHT

Avoid heavy food before playing. Your body will use more energy on digestion and have less available to power your muscles and brain. People like to carb load, but I recommend a light meal of fish and vegetables, at least two hours before a match.

### TABLE SERVICE

When you sit and focus on a meal your body begins the digestive process. It sounds like a tiny detail, but I guarantee you it'll be impossible to perform at your maximum potential without it.



then yet another to take the fourth to love. Raise, then raise again. You're not supposed to be able to do things like that, not at this level. People who watched tended to misunderstand. They thought Murray had thrown in the towel. Not a bit. Djokovic got stronger. At the point when tiredness should have set in, he found his A-game and played better.

### DO SWEAT THE SMALL STUFF

Djokovic's victory didn't just come down to his apparent ability to run forever, or his ability to hit the ball with great strength when he got there. It was also the mental certainty that came with it. Because Djokovic not only chases down your best shot, he also has the unerring clarity of mind – a product of both fitness and game-sense – to play the right shot when he gets there. He hasn't just developed the physicality to outrun his rivals, but the

mental edge to outlast them.

The person who knows Djokovic best on the circuit

is another Serb, Viktor Troicki, a very respectable player himself, with a career-high ranking of 12 and \$5 million prize-money in the bank. He has something of a big-brother feeling for Djokovic – he's two years older – and he speaks of him protectively and proudly. There's a rivalry, sure, but that's their business. In public he has his bro's back.

"It happened when he was 14. That's when I first felt that he really could be very good indeed," says Troicki. "Partly this was because of his attitude – right at the start he was very professional. And I notice it now even more. He just does everything right. Everything. Watch him practice: he will give every session 100%. It's not about practising for hours and hours, it's about practising *right*."

"He works on details: massage, strength, training, diet. He has a good, dedicated team and he can put all these things together to win the big titles."

And it's not just his friends who speak so highly of him, but his ATP tour rivals too. "He has the best fitness on the tour,"

David Ferrer tells me, with the kind of honesty you wouldn't normally expect from a regular opponent. Ferrer is 33, with 24 career titles and a highest ranking of three. He has beaten Djokovic five times and suffered 15 defeats, saying modestly: "To beat him I need to have a very good day while he has a bad day."

"He has everything. He is faster and stronger, and his coordination is unbelievable."

**"He works on details: massage, strength, diet and training. He has everything"**

When it comes to flexibility he's the best, and he has improved his abilities. Six years ago he was not so strong." No, he was not. Six years ago, when Federer was unplayable,

and Nadal unbeatable, Djokovic was a respectable world number three. Winning matches, yes; winning tournaments too. But still a way behind the two greatest players ever to step onto a tennis court. To make the seemingly impossible step up, he'd need to make big changes, fast.



# GRAND-SLAM FLEXIBILITY

LET MOBILITY EXPERT PETER PARASILITI STRETCH YOUR POTENTIAL

01



## HIP FLEXOR ROLL

120SEC EACH LEG

True flexibility comes from opening your hip flexors to unlock hidden strength in your glutes – the key to speed and power. Lie face down with the foam roller at the top of your quad, roll back and forth about 4in, slowly.

02



## IT BAND ROLL

120SEC EACH LEG

Tight IT bands lead to the misalignment of joints and muscle fibres. In a side plank, position your hip on the roller crossing your other leg over with heel flat, and target the area between your hip and knee.

03



## ACHILLES ROLL

120SEC EACH LEG

With hands behind you, roll back and forth over the bottom of your calves to loosen your achilles. Tightness in this tendon not only leads to nasty injuries, it restricts the range of movement all the way up your leg.

04



## HIP FLEXOR STRETCH

120SEC EACH LEG

This stretch is the final stage of finding the hip flexor mobility needed to unlock your glutes. Ditch the roller and drop into a lunge, touching your knee to the floor. Repeat daily for Grand Slam flexibility and power.

There were two major changes that affected Djokovic's career trajectory, and naturally they're closely related.

The first was a playing breakthrough. It came as Serbia won the Davis Cup in 2010 with Djokovic and Troicki playing their guts out. For Djokovic it was a new start: the first time he was really able to think of himself as the best in the world. The next year he won three of the four slams.

The second was all about pizza and pancakes. These were the great food-loves of Djokovic's life, not least because his parents own a restaurant specialising in both. He was never fat, of course, but he had a tendency to suffer when deep into a five-setter. There was a time when his level of play would fall away. His comeback ability, as displayed against Murray earlier this year, was practically non-existent. He was regarded as a bit of a hypochondriac, a bit lacking in mental toughness, altogether too ready to blame a phantom injury for his own failings.

Djokovic would suffer from symptoms of asthma, which brought distress and panic at the most important stage of a match. Dr Igor Cetojevic, switched on the tennis one afternoon and watched him suffering. "Even from watching him on TV, I could see that some digestive issue was the root cause of his difficulty breathing," he says. Cetojevic, a Serb like Djokovic, has trained in biofeedback and traditional Chinese medicine. His wife persuaded him to contact Djokovic and they met during a Davis Cup tie in 2010.

Cetojevic checked him over and found that his suspicions were right. Crucially,

Djokovic accepted his conclusions. "By identifying his sensitivity to gluten and lactose he would take the necessary steps. By eliminating dairy and most meat from his diet his 'asthma' disappeared. Without this handicap he had an exceptional season, culminating in his victory at Wimbledon in 2011, and he became number one player in the world."

This diet was not just a negative process. Cetojevic brought superfoods into his diet: fresh berries loaded with antioxidants to aid muscle recovery; a daily dose of ligament-strengthening oily fish to improve immunity and combat mid-tournament DOMS; and plenty of easily digested sea algae to enhance cognitive function and alertness during lengthy rallies. "I taught him to avoid drinking cold water because it compromised digestion. Plenty of room-temperature spring water is much better."

This is the kind of detail that people at the very sharp end of sport love. These are the one-percenters: the marginal gains. The idea is to get every possible thing on your side. If there is a tiny way to get ahead, you do it. And then look for another. Djokovic took this concept on and now lives it. He has become a walking education for anyone who wants to know how a champion maintains his edge.



## ABANDON ALL YOUR REST DAYS

Richard Evans is the doyen of tennis writers and broadcasters. He first covered Wimbledon in 1960. He remembers Roy Emerson as a seriously fit athlete; he won 12 Grand Slam singles titles between 1961 and 1967 and was beyond doubt one of the greatest players of all time.



DJOKOVIC IS THE ONLY MAN TO HAVE BEATEN FEDERER IN ALL FOUR GRAND SLAMS



## GAME, SET & STATS

TO BE THE BEST, YOU HAVE TO BEAT THE BEST. FEDERER MAY HAVE HAD A HEAD START, BUT DJOKOVIC IS CATCHING UP FAST

COUNTRY: SERBIA

AGE: 28

HEIGHT: 6FT 2IN

WEIGHT: 80KG

SINGLES TITLES: 53

PRIZE MONEY: \$78.4 MILLION

TOP WINNING STREAK: 43 MATCHES

CONSECUTIVE GRAND SLAMS WON: 3

POINTS WON ON 1ST SERVE: 64%

RETURN GAMES WON: 36%

LONGEST MATCH: V NADAL (353MIN) AND WON

DJOKOVIC





DJOKOVIC LEADS  
FEDERER IN THE WORLD  
RANKINGS BY 5000 ATP  
POINTS – A MARGIN  
NEVER SEEN BEFORE



COUNTRY: SWITZERLAND

AGE: 33

HEIGHT: 6FT 1IN

WEIGHT: 85KG

SINGLES TITLES: 85

PRIZE MONEY: \$90.2 MILLION

TOP WINNING STREAK: 41 MATCHES

CONSECUTIVE GRAND SLAMS WON: 3

POINTS WON ON 1ST SERVE: 63%

RETURN GAMES WON: 33%

LONGEST MATCH: V NADAL (305MIN)  
AND LOST

"He was as fit a player as you could find back then. He liked to drink a few beers of an evening, but he would always run them off. He was remarkably fit – and yet that was nothing to what players do now."

There's a story of John McEnroe being asked what he did to keep fit. He was baffled: "I play tennis," he said. So he did, and he could play a point better than any point had ever been played, using his on-court insight and intelligence. But these days that wouldn't be enough.

It becomes clear, then, that being a sporting champion is not just about being good at sport. It is a lifestyle choice. A 24/7/365 thing. These days, you can't have a few beers, run them off, then win a Grand Slam. Like being a saint, every aspect of your waking and your sleeping life must be devoted to a greater cause.

In this way details become a passion for people at the top of any sport, but more so for individual sportsmen. Because they can't blame colleagues for any failures. Djokovic brings that principle to something close to its logical extreme. Preparation is no longer separate from real life. It's one and the same thing.

Martina Navratilova was the first to reinvent championship tennis as a 24/7 lifestyle, and it gave her an edge that took her to 18 Grand Slam singles titles. Asked the difference between herself and the other players about, she explained that where the other players had involvement, she had commitment.

"It's like ham and eggs. The chicken's involved. But the pig's committed."

She laughs when reminded of this. "Novak's a pig all right," she says. "He understands what to do. Sleep, food, drink: it's all as important as tennis. And Novak is head and shoulders above the rest, the way he lives that attitude. He's a pro's pro. Perhaps that's why he doesn't get quite as much love as he should."

Djokovic exemplifies the tennis-as-lifestyle concept that Navratilova pioneered. "I turned off the head," she says. "But I never turned off the body."

"Novak is a pro's pro. Sleep, food, drink – it's all as important as tennis to him"

And that's a fair summary of what Djokovic does: understanding the essential need for mental downtime, but never at the expense of his physical preparation. A nice evening and a few jokes, great. Essential even. But never at the cost of a single 1% advantage.



## IRON OUT YOUR WEAKNESSES

It's not, then, that Djokovic is just fitter than everybody else. Djokovic has more of *everything* than anybody else. Evans says: "If you were to build a perfect tennis player from scratch, you'd end up with Djokovic."

"He's tall, 6ft 2in, but not too tall. He is strong, but not muscle-bound. He's astonishingly flexible – he can play a shot while doing the splits. He's an amazing physical specimen, and once he got over his breathing problems he improved still


further. He has great speed, his frame gives him exceptional reach.

"He doesn't have one colossal shot, like Nadal's forehand, but he has no weaknesses. None. He may not have a 10 in his

repertoire, but he's got no fours: it's all eights and nines. And also – perhaps crucially – he has great intelligence."

The secret ingredient is obvious then: everything. Good genes, good physique, natural gifts and purposeful development of them, constant physical preparation, the acceptance of sport as a lifestyle, the elimination of weakness and the constant enhancement of your abilities, coupled with a good mind and brutal determination – and all set off with a sense of humour.

It's an ingredients list that has made him supreme in his sport: and perhaps supreme across all the major sports, for a tennis player, though a specialist when it comes to striking a ball, must also be a generalist in every other category of fitness. He must be strong, fast, precise, flexible, resilient, capable of going on forever and capable of thinking with perfect clarity at the most challenging moments. There are champions in all sports: Djokovic has made himself a champion of champions.

Turn off the head, but never turn off the body. Djokovic takes that maxim a step further. Keep that sense of humour during training. But being a champion is a serious business. 



~~~~ *How To Be* ~~~~

# B E A C H B O D Y R E A D Y

*(When You've Left It a Bit Late)*

**If your pre-holiday exercise plan has experienced major delays, don't panic. Follow MH's travel manual to reach peak physique just in time, whatever your shape. Final destination: your last-minute beach body**

WORDS BY TOM BANHAM - PHOTOGRAPHY BY ROWAN FEE

**S**o you missed the three-month plan. And then the window for the six-week body overhaul disappeared. Now you're hunting for your passport and wondering if ab-toning belts work (good luck) as the realities of your current body and a week on the beach collide. But all is not lost. For one, simply being away makes you look better because the closer you are to the sea, the happier you are. "Coastal locations seem to offer calming, restorative environments," says Dr Mathew White, a psychologist at the University of Exeter, from a wave-lapped lab, doubtless with a grin on his face. That's a reassuring start,

MH'S PACKAGE  
DEAL INCLUDES BIG  
ARMS FOR KEEPS



but it ignores the physical realities of poorly timed holiday prep. And since you can't out-smile a proclivity for pasties, we've assembled some last-minute fixes that should stop you getting sand kicked in your face. Working with what you've got is key. Pack the right clothes and swerve the wrong foods and you can still have a physique you're happy to selfie. Because popping that shirt off isn't just about vanity. The more skin you've got on show, the more mood-improving vitamin D you make. Ergo, the better you look. Now, you go and find that passport – we've got the rest covered.





## YOUR PRE- FLIGHT FIXER

*Bodybuilders know how to peak: steal their secrets to step off the flight leaner than you boarded*

T-96 HOURS

### Work harder (and smarter)

"Increase ranges to 10-20 reps in the gym and add a set," says bodybuilder Eric Helms. You'll burn more muscle glucose, which forces the body to store carbs as glycogen in your pecs.



T-84 HOURS

### Carb up

'No carbs before Marbs' ends now. "You supply glycogen by increasing carbs," says Helms. An 80kg guy needs up to 200g a day – that's nine sweet potatoes – to make the most of that longer, harder session.



T-72 HOURS

### Drink, then don't

Drink six litres of water daily plus a vitamin C supp in the days before flying, says Tim Walker of EOM Fitness. Then drop to three litres the day before to "shrink wrap your muscles", making them stand out.



T-12 HOURS

### Don't shirk the salt

Dose up on salt. It draws water into your veins, upping pressure to give you 'pump', says Helms. Stick to 6g a day to avoid water retention. Opt for salted nuts in the air for arrivals hall vascularity.



LIFT OFF

### Make it a double

Try a few jelly babies washed down with two miniatures. "Whisky will help dry you out," says Walker, "and the sugar will make your veins pop out, giving you that pumped look." Order them separately to avoid odd looks.



MAKE UP FOR  
LOST GYM TIME





# AVERT IN-FLIGHT DISASTER

Being crammed into a steel cylinder can interfere with your body more than an enthusiastic customs official. Avoid looking like a plane crash with these first-class precautions

01



## SLICE RED-EYE

**Add a 4am wake-up call to a delayed transfer,** and your cortisol levels will soar, which starts your body cannibalising muscle and diverting blubber to your gut. Not a good look for the pool.

**Emergency exit** Have a breakfast pizza. Carbs in the dough provide a hormone-countering glucose hit while the University of Trier found that the tomato's vitamin C will reduce your cortisol, blood pressure and stress levels.

02



## BRACE POSITION

**Airlines have slashed 3in of space from your seat since 1985.** Apart from the DVT dangers of long-distance travel, sitting for long periods tightens hip flexors and pulls shoulders forward, so you disembark hunched, not hunky.

**Emergency exit** Stretch your arms for a quick correction – tight triceps and biceps can ruin your posture, spoiling your beach swag. In your seat, bend your elbow behind your head and pull. You'll leave bad posture behind in arrivals.

03



## DAMP IT DOWN

**Cabin air is drier than most deserts, and it saps your body's moisture.** That's why customs can't match your sallow-skinned, bloodshot face with your passport pic.

**Emergency exit** Virgin Atlantic senior cabin crew Warren Braacx advises using a heavy-duty moisturiser such as Clinique For Men Maximum Hydrator (£32 boots.com) at the halfway point and landing. Decant it into a contact lens case to get past security.

04



## STAY SWEET

**Your inflight meal won't fulfil your macros.** At 30,000ft you lose a third of your sensitivity to sweet and salt. Airlines bump the levels sky-high, which crash-lands your diet.

**Emergency exit** Prep your own in-flight feeds in Tupperware, says bodybuilder Dr Spencer Nadolsky. If you can't, opt for the airline's curry – spicy and bitter tastes don't suffer as badly so your food is less likely to have been doctored. Airplane noise dulls taste further, so enjoy some music with lunch.

05



## JETTISON JETLAG

**Travelling east or crossing multiple time zones** means you land looking like you've not slept in days. Which, when, you think about it, you haven't.

**Emergency exit** Stick your flight details and nocturnal habits into the Entrain app (entrain.math.lsa.umich.edu) and it will tell you how much daylight and shut-eye you need (and when) to get your circadian rhythm back on beat. Your health will benefit as much as your looks.



**Core reading** Sucking in your belly is exhausting. Let your sun lounger do the work instead: adjust the back and footrests to the notch above flat, creating a shallow V-shape that engages your core and irons out ugly folds

## LAST CALL PUMP CIRCUIT

Use these stealthy physique enhancers in departures for a one-way ticket to muscle definition, says PT Dylan Jones



### Standing calf raise

**3 SETS OF 20 REPS** While the cattle queue in the aisle, transfer your carry-on to your lap and rummage for a book. Push through your toes to lift your heels – 60 reps later you'll be glad you shivered in shorts at departures.



### Farmers walk

**5 SETS OF 100M** Super Hans said real men don't let the earth carry their luggage. He isn't wrong. Farmer's walk your bags to pump up your shoulders, traps and forearms. Grab your girlfriend's too to put the V in chivalry.



### Biceps curl

**5 SETS OF 30SEC ON, 30SEC OFF** Curls at customs are out so grab your bag with your phone hand. Lift to your face and hold for a biceps-inflating scroll through Instagram. Avoid the temptation to declare your massive guns.



# PACK IT UP, PACK IT IN

*Sartorial decisions can atone for skipped gym sessions. Make the most of your assets – and hide those you've overlooked*



## Hair

- **Downplay a double chin by squaring on top**, says Ruffians barber Hari Efthymiades. Taper from short by your ears to longer higher up and define your jaw.
- **Avoid the buzzcut if you're packing extra baggage**, warns Efthymiades. Taller hair lengthens your face, slimming it.
- **Create Cumberbatch cheekbones** by shaving a straight line in five-day stubble to create the illusion of shadow. Go as high as your beard allows, says Efthymiades. Too low and you'll make your face look bigger.



## T-shirt

- **Slimmer sleeves pump up guns**. Roll them to mid-triceps to lengthen your arms. The right V-neck – that's unbuttoned polo, not navel-plunging vest – lengthens you and gives the look of a more athletic torso.
- **Steer slim but not figure-hugging**. "Loose clothing draws attention to your size," says *MH* senior style editor Eric Down. "Whereas structured fabrics – such as denim or stiff cotton – skim your body without clinging, making you look more angular."
- **Ditch patterns: dark, block colours hide shadows and slim you**. So keep that Prada Hawaiian shirt in storage.



## Shorts

- **Slim and cut just above the knee**. Excess material means boxy thighs and puny calves, but go too short and you unveil every skipped legs-day.
- **If you have a belly, don't draw attention to it with your belt**. "Contrasting colours work if you're tall," says Down. "If not, go tone on tone – so a navy belt with navy shorts." Wear it on your natural waistline. Too low leads to muffin tops; too high creates eye-catching bulges. In the wrong way.



CLOTHES MAKETH  
THE MAN SLIMMER





## PAINT BY PHYSIQUE

*Desperate times demand drastic measures. So grab the bronzer to highlight the good and disguise the bad*



### Legs

**Find a mirror.** Point your toes to pop your calf and shade the indent down the centre with a finger coated in St Tropez Self Tan Classic Mousse (£20 superdrug.com). "Buff the outer area with a cloth," says St Tropez tanning expert Jules Heptonstall. Stark lines spoil the effect.



### Chest

**Exfoliate – it makes your tan last longer.** "Focus the self-tan under your pecs and around the deltoid muscle," says Heptonstall. Although stay your hand if you're only accentuating moobs. Remember, less is more; you can always repeat, but once it's on, it ain't coming off.



### Arms

**Ready your arms to point the way to the beach.** "Add tan to the short head of the biceps brachii," says Heptonstall (the fold where inner peak meets outer mass). Then straighten your arm and look for the semi-circular muscle just below your shoulder. Shade in to make up for those extra sets your job prevented.

## Core reading

Twist your torso when surveying the beach to create the ideal 45-degree angle that slims down your waist and helps your obliques to pop



## AVOID HOLIDAY BELLY

*Shun the culinary minefields on your all-inclusive to avoid busting your weight allowance on the flight home*

### 01

**Pass: Fried breakfast**  
**Plate: Scrambled eggs**

If your days usually start with grapefruit and coffee, don't shift too far as diet overhauls can cause constipation. "It's better to have scrambled eggs," says dietitian Dr Sarah Schenker. The fat and protein will nullify hunger pangs – and the cysteine will dull the pain of yesterday's G&Ts.

### 02

**Pass: Soft cheese**  
**Plate: Hard cheese**

Your body produces enough lactase to suit your regular diet, says Schenker. Treble your dose with a holiday brie and you're understocked, which means bloating by the pool. Opt instead for hard and aged cheeses, which are lower in lactose, and goat's cheese, which has shorter milk proteins that are easier for your body to digest.

### 03

**Pass: Sex on the Beach**  
**Plate: Bloody Mary**

At Club Tropicana drinks may be free, but dodge anything with a paper brolly. Sugar masks even strong booze, says Schenker, so you won't realise you're eight shots in before lunch. Opting for tomato juice cuts the sugar – and your waist, according to Chinese research.





04

**Pass: Pad Thai**

**Plate: Thai green curry**

Starchy noodles lead to pool-side bloating tomorrow morning, hiding whatever number of abs you've teased out. Swap for Thai green curry's bloat-shrinker turmeric, which comes with a side of appetite-crushing coconut milk fats to curb your dessert cravings.

05

**Pass: Sorbet**

**Plate: Gelato**

You might be happy to swerve ice cream, but don't think the fruity alternative's a healthy choice. Sorbet is higher in sugar, "and it's not satiating so you're likely to overindulge," says Schenker. The fats in gelato might mean more calories, but they also slow glucose absorption to avoid sugar spikes. Just set yourself a one-scoop limit.

06

**Pass: Fish and chips**

**Plate: Calamari**

"Don't eat the 'British' food," says Schenker. Not only does it display cultural clumsiness, it's also stodge that spikes your blood-glucose levels. Battered squid is lower in carbs and the veg-heavy local tapas will pack more fibre and water, filling you up for fewer calories.



## HELP YOUR SELFIE

*Win at the Instagram game with these tips from DJ Mag photographer Katie Palmer*

**F**ew things sink the stomach like watching tourists turn their backs on the Pyramids to shoot a selfie. But it's just as galling to come home and realise you're not actually in any of your holiday snaps. That means at some point you'll have to indulge your Kardashian side. But drop the duck face and you can document your travels without looking like a teen fashion blogger.

Suck it up and invest in a selfie stick – shooting from above slims you, whereas low angles mean double chins. Buy one in the airport and keep it for that one shot you want as your new Tinder profile. Then leave it in the hotel room. Or destroy it.

Timing your selfies is everything, in more ways than one. Firstly, snap at sunset – the so-called 'golden hour' irons out imperfections and you can silhouette yourself against the sunset for an arty shot that masks your one-pack. Secondly, remember the time difference – there's no point wasting your most paradisaal shots when your social media audience is dozing. We're not saying you should drop a day's worth of Instagrams in 15 minutes at peak period, but posting your best shot when it's 8am back home will neatly dial up the contrast between your full moon party and your mates' commute.


Having a background cuts down the vanity. Keep yourself to half of the frame and have something eye-catching in the other half. And when it comes to editing, less is far more. Instead of shooting in Instagram, use your full camera and crop out photobombers with the VSCO Cam app. Then tweak your levels: saturation and high contrast give a holiday vibe that stands out in the stream of X-Pro II.

23

*The average number of likes and comments per thousand followers for Instagram posts using the Mayfair filter. Second, with 18 is #nofilter. Swerve Toaster – it's bottom of the pile with just 7.*



# Have You Reached Peak Diet?



Photography by Jobe Lawrenson

What began as an effort to take better care of your body might be having the opposite effect on your state of mind. Orthorexia – the unhealthy obsession with healthy food – is a dangerous eating disorder. And it's on the rise. MH's Dan Masoliver investigates how eating well could be doing you ill





A SQUEAKY-CLEAN DIET IS ALL WELL  
AND GOOD, UNTIL FOOD FIXATIONS START  
TO CONSUME YOUR LIFE. DON'T LET IT  
FESTER – CLEAR A LITTLE HEADSPACE



## Are You Orthorexic?



Go on, mate. One piece won't kill you."

The words fill me with anxiety. Without a single forkful passing my lips, I can already taste the cloying guilt at the back of my throat. While everyone else tucks into their second slice of wedding cake, washed down with champagne, I stay soberingly hungry. Because where they see soft vanilla sponge layered with fresh fruit jam and buttery, melt-in-the-mouth icing, all I see is a toxic slice of gluten topped with 50g of gut-rotting sugar.

I haven't eaten all night. The starter: too salty. The chicken: dripping with a fatty sauce. The bread rolls: where do I start? I push the cake around on my plate, and long for the comfort of the Tupperware boxes occupying every inch of my fridge at home. The initial superiority I felt, as I smugly watched my friends stuff their faces with high-GI carbs, has waned. And as the night goes on, I consider that maybe the big fat joke is on me after all.

It began with the best intentions – an inter-office fitness challenge that called for a healthier diet. I cut out the foods I knew to be bad for me. But three months in and it's out of hand. Dining out is off the menu; the pub is a no-go zone; even weddings, like tonight's, simply result in an imperfect marriage of food and stress. My rules were meant to make me feel better; I look good, but feel much worse. And while I'm getting props in the weights room, I'm one unhappy gym bunny.

### Narrowing View

An unhealthy obsession with healthy eating: it sounds like a contradiction in terms – the least of our worries in a nation of swelling obesity rates. How can cutting out all the bad stuff ever be harmful? It repudiates the most basic principles of bro science. And yet psychologists and dietitians agree that this may well be the most wide-reaching, if least understood, dietary health concern affecting us today.

According to the experts, sufferers are most likely to be in their 30s, health-conscious and well-educated. For heavily filtered evidence, just scroll through your Instagram feed: hashtags like #eatclean and #fitfood abound, through which millions of users unashamedly share their photographs of joyless – borderline inedible – meals to gain validity from strangers. This is but one symptom of a most modern eating disorder: orthorexia. If you've ever experienced an anxious twisting in your stomach after eating a cheese sandwich, or declined a dinner invitation on account of its impact on your "gains", you may well be afflicted.

Doubtful? Ask yourself this: when you're planning dinner, do you care more about the nutritional makeup of your meal than the taste? Do you have a mental blacklist of foods that you crave but won't touch? Does the thought of risking your friend's trademark spag bol fill you with unease (for the carb content, rather than their overzealous seasoning)?

If, like me, you answered yes to any of these questions, then what began as a desire to look after your body may have mutated into something more insidious. Though our expanding waistlines and related health issues steal the headlines, just as many of us are subject to forces of equal and opposite severity. "I would say that, in this country, orthorexia affects hundreds of thousands of people – maybe millions," says Deanne Jade, psychologist and principal of the National Centre for Eating Disorders. "The problem is growing because it's become socially acceptable – cool, even – to eat a quirky diet."

This quirkiness takes many guises, but all have one thing at their core: restriction. The paleo diet – no grains, legumes or dairy – is one culprit. But so is removing gluten or processed foods. Cutting foods from your diet on a whim is hazardous, not so much for the impact on your body as on your mental health. Like all eating disorders, orthorexia nervosa – to give it its full title – is primarily a problem of the mind. Case in point: a gym acquaintance recently attributed his underperformance on the bench to the BPA in food packets. Not, you know, the fact that he hadn't eaten carbs in three weeks. That doesn't exactly scream 'healthy body, healthy mind'.

## Are You Orthorexic?

If you have concerns, take the Bratman Test. Answer yes to four or more and you need to relax your thinking around food. If you answer yes to all of them, talk to a mental health professional

**Do you think about your diet plan for three hours or more a day?**

**Do you plan your meals several days ahead?**

**Is the nutritional value of your meal more important than the pleasure of eating it?**

**Has the quality of your daily life decreased as the quality of your diet has increased?**

**Have you become stricter with yourself lately?**

**Does your self-esteem increase when you're eating healthily?**

**Have you given up foods you used to enjoy in order to eat the 'right' ones?**

**Does your diet make it difficult for you to eat out, distancing you from family and friends?**

**Do you feel guilty when you stray from your diet?**

**Do you feel at peace with yourself and in control when you eat healthily?**



### The Restrictive Eater

Thomas Grainger†, 21, student

When I was younger I was overweight. I absorbed as much information as I could about healthy eating and exercise, and I managed to lose the weight. But I quickly found that I started to become obsessive. I restricted anything that I believed caused inflammation in the body. So I had no sugar, no gluten and

no dairy. I even used to refer to them as poisons. If I knew that I was going to be around food of that nature, I would eat before, or eat afterward. My list of restrictions grew longer, and I started to get very anxious around food.

The only time I was comfortable was when I was cooking

†READ MORE ABOUT GRAINGER'S EXPERIENCES IN HIS BOOK: EATINGDISORDERBOOK.INFO



EATING DISORDERS AREN'T JUST FOR MODELS. IF DIETING DOMINATES YOUR WAKING THOUGHTS, SPEAK OUT BEFORE IT SPILLS INTO YOUR RELATIONSHIPS

Well, if you're trying to pick one out of a crowd, the orthorexic is the man with the rippling six-pack and guilty conscience. "Given the choice, I'd rather not eat McDonald's," says Jade. "But if it was the only thing available, I would. Whereas someone with orthorexia would have a great sense of anxiety. They would feel poisoned when it's inside them."

## Extreme Measures

This acute guilt is something I know all too well. During my challenge, I would warm up one of my five pre-prepped daily meals every three hours. Combined, these met the precise daily macronutrient requirements that I'd calculated would give me visible abs (195g of protein, 240g of carbs, 80g of fat, if you're interested). My evenings were spent meticulously weighing ingredients for the next day's meals. There was no leeway. Deviation resulted in guilt-induced insomnia and eye-rolling from an understandably unsympathetic girlfriend.

Gluten was out. So too dairy, sugar and booze. In fact, soon the list of restrictions was so long that eating with friends became a genuine source of stress. What if they forgot I couldn't have cheese? What if I succumbed to temptation and did something truly deplorable like eat a potato? It was either take my Tupperware with me, or take myself home. Physically, I was in the best shape of my life, but emotionally I was a wreck. I had become so obsessed with controlling my diet that I was constantly thinking about food. In other words, I had become orthorexic.

"Orthorexia begins when healthy eating starts to interfere with ordinary life," says Philpot. "At Christmas, birthdays and weddings, people will eat certain sorts of food. If you can't join in because your healthy eating is such that you can't enjoy social occasions, go out for meals or socialise with other people, that is when it becomes problematic. When nutrition starts to become a larger chunk of your life and you start spending a disproportionate amount of your time planning and researching it, that's when we start to worry. It becomes obsessional."

I turn to Russell Delderfield, researcher at the University of Bradford, who is studying eating disorders in men.

## "Men easily get hooked on rules, regulations, numbers and gadgets"

Unlike most eating disorders, it is people like him, you and me who are most at risk – men, essentially, but especially those with an interest in fitness. Men who let their food go cold while they search the calories in MyFitnessPal or walk up and down the stairs to beat yesterday's step count. "Both sexes are susceptible for different reasons," says Ursula Philpot, chair of the British Dietetic Association's mental health group, "but men can get hooked on rules and regulations, and numbers and gadgets, very easily."

So you might be orthorexic, but the question remains: how can eating a diet consisting exclusively of healthy foods be bad for you? And if it is, where's the line?

on my own. Even the process of shopping at the supermarket became exhausting, as I'd read the labels on everything to check the food didn't have added sugars, genetically modified ingredients or plant-based oils. I became evangelistic and tried to put these ideas in other people's minds too. Eventually, they didn't want to cook for me because they thought that I'd judge

them. I became the 'health freak' guy.

My weight kept dropping. I started to develop real health complications. I was later diagnosed with inflammatory bowel disease. My body just couldn't cope with the stress that I was putting it under. It was only when I made the decision to eat more flexibly that I managed finally to find a truly healthy, balanced diet.



How could my aspiration to make positive changes have turned into a burgeoning eating disorder? How can the ability to deadlift most grown men be rooted in an unhealthy mentality? After all, I tell him, it all started as a push to get my body into the best shape of my life. But the damage, he says, started the moment I let my dietary decisions spill over into my relationships. "You begin to withdraw from people because you can't eat with them; they can't prepare food the way that you need it prepared; they can't offer you the kinds of foods that you find acceptable. It even goes to the point of behaviours that you normally associate with anorexia, such as hiding food and disposing of it later, or avoiding any situation where there's exposure to unacceptable foods. That to me is more than just being on a fitness drive."

Delderfield was right. I was becoming alienated from my friends. And who could blame them? I certainly wouldn't want to hang out with me. Psychologically, food dominated my thoughts and had a strangle hold on my emotional state. That much I was starting to come to terms with. But nutritionally, it was hard to see why I should stop feeding myself what I had deemed to be a healthy diet. What was the physical harm? Anorexics can starve themselves to death; bulimics can do permanent damage to their internal organs. My diet, neurotic though it might sound, was ultimately healthy. Wasn't it?

## Dirty Words

The term orthorexia was coined almost 20 years ago by American doctor Steven Bratman, who was also the first person diagnosed with the condition. Bratman, moved by the scientific literature that was starting to emerge about the impacts of certain foods, decided to go on a health kick and made a concerted effort to let only nutritionally beneficial foods pass his lips. The more he read, the more he cut out, until he realised his diet had become so restrictive that he was actually – to his surprise – causing physical harm. His healthy diet had started to make him sick.

"People think they're taking these squeaky-clean roads," says California-

based Alan Aragon, the self-proclaimed Ron Burgundy of nutrition. "But there are things they're doing in terms of their food choices that are actually less nutritious than if they were being more flexible with what they ate, by which I mean including so-called 'naughty' foods." The problem, says Aragon, who has seen a dramatic rise in cases of orthorexia among gym-going men, stems partly from the bad language we use to talk about food.

"Labels such as 'clean' and 'dirty' automatically make people judge individual foods outside of the context of the rest of their diet. If your diet is rigid and inflexible, with a very strict 'avoid' list of foods, and a very narrow 'approved' list, you could be missing out on good nutrition from the foods you mistakenly

feel are bad." Single ingredients aren't in themselves good or bad, he says. The way they fit into your diet is what counts. "There is such a thing as a dirty diet, but individual foods being dirty? No, because you can't look at anything in isolation from the wider context." Not even a Twix.

To the orthorexic mind, the notions of 'healthy food' and 'healthy diet' have become conflated. Dangerously so. Everyone knows that kale, for example, is good for you, but try to survive on a kale-only diet and you'll live a miserable, emaciated (and short) existence. The key to health and happiness does not lie in the leaves of a cruciferous vegetable. This, on a wider scale, is where the obsession with healthy food – rather than a healthy diet – becomes physically destructive. As the list of foods you *can* eat gets shorter, as your diet becomes more restricted and your rules more devoutly observed, you miss out on essential nutrients your body requires in order to achieve balance.

It's something psychologist Jade sees all too often in her clinics. "When I work with people who have orthorexia," she says, "part of my job is to try and get them to start eating some of the foods that they forbid themselves, and the terror is just enormous." Don't believe her? Try telling a long-time paleo devotee they need to eat a lasagne for their own good. "But they need to do so because some of them are



## The Self-Flagellator

Jamie Millar, 31, MH writer

It was in the second year of university, when I moved out of catered college accommodation and into a rented house, that I first became entirely responsible for feeding myself. I had full control over my diet; I could make it 'optimal'. So I started getting anal with portion control, counting calories and weighing out carbs. I lost body fat; I also lost muscle mass and power on the football pitch. There's a photo of me on Facebook in fancy dress as Bruce Lee and you can count my ribs. Eventually I regained some weight, but only because I was feeling

unhappy with my body. It took my first serious relationship, with my now-wife, to make me realise that eating a can of tuna with sweetcorn for dinner is not healthy, whatever its macros.

Even now, I tend to mentally lump days into 'good' and 'bad'. If a lapse of willpower turns the former into the latter, all bets are off until tomorrow, when I'll wake up feeling guilty – and probably early, so I can train it off. But with my wife's help, I've become more relaxed. I'm happier in myself. And I've at least learned not to ask how many grams of rice she's cooked.

deeply malnourished. They're restricting their diets, they're not getting enough nutrients, their body is under stress, and that, clearly, is not healthy."

## Make A Clean Break

At the root of the problem is the constant message that it's our unhealthy food choices that are killing us. Obesity is on the rise, as are diabetes and heart disease, all of which have their roots in our diets. Everyone from the NHS to nutritionists insists that in order to protect ourselves we need to think more carefully about our food choices. After all, goji berries may be expensive, but the cost is negligible compared to the £16bn that obesity and diabetes are jointly estimated to cost the NHS each year.

In this context, it's not surprising that orthorexia is growing at such a pace. Isn't it only natural – inevitable, even – that people will begin to obsess over what goes into their shopping baskets? "We, as a society, have lost our balance," says Jade. "Orthorexia has become normalised.

MANY ORTHOREXICS FAIL TO RECOGNISE THEIR SYMPTOMS AND EVEN FEWER SEEK PROFESSIONAL HELP. OPEN UP – DON'T KEEP YOUR FEARS LOCKED OUT OF SIGHT





### The Paleo Dieter

Adib Bamieh, 34,  
director of Pure  
Taste restaurant

I went paleo five years ago. I'd been sleeping poorly and feeling uncomfortable and just assumed it was normal. I quit sugar, gluten and dairy and noticed the change fast. I started to push myself harder with training too. I was netting minus 500 calories a day with exercise compared to how much I ate. It all got out of hand.

I was working in the City. There's was a drinking culture, so I used to lie and say I was on medication so couldn't have any alcohol. At business conferences that served food, I'd bring my own or just not eat. I was obsessed.

Today I still eat paleo – I run a paleo restaurant – but I'm less strict. I went to Milan recently and had pizza. Because as long as you're not slamming your body with toxins, it'll cope. You just need get it right 80% of the time.

The message that permeates is that if you're eating 'normally', then you're not taking proper care of yourself. People wear their 'clean' eating habits like a badge of pride. And anxious people who don't feel in control, who swallow it whole, so to speak, become orthorexic by stealth." Anxious people with a #fitspo-dominated timeline like mine.

For months, I obsessed over the minutest details of my food plan. After that, I couldn't just go back to 'normal'. Not only did I not want to – I'd worked too hard for my newly carved-out abs – but I'd forgotten what normal was. This is typical of people who micromanage their nutrition, says Aragon. "Once you've been lean, and you know what was necessary to achieve that, it can be very difficult to think of doing anything else," he says.

In other words, I had overhauled my unhealthy habits, but replaced them with a set of psychologically and potentially physically damaging new ones. I knew that my relationship with food wasn't healthy. That it was disordered. But still, if I 'slipped up' by having a couple of pints with my friends, or 'cheated' by ordering dessert, I was racked with guilt.

The thing is, I still want to be healthy. I don't just want to stuff my face with all the buttery, sugary cakes that come my way. I was only just getting to know my abs – it seems a shame to wave them goodbye, with a family-size bag of crisps in hand. So how can I commit to a wholesome diet without compounding my unhealthy obsessions? I ask Aragon for his advice. "Don't try to micromanage it," he tells me. "You can never track everything down to the most minute detail, and by trying to do so, you lose the big picture. You can't see the forest for the trees. Try to eat predominantly whole and unprocessed food, but build in a margin of flexibility. Realise that if 10, or even 20% of your diet comes from junk, you can still live a long and healthy life".

The challenge now is to learn to enjoy food for what it is, rather than solely the macronutrients it provides. And not to set rules, but create guidelines. "Getting into a routine is fine," says Aragon. "Just get into a routine that you like."

So I've developed a new routine. It involves eating an apple in the afternoon, despite its high sugar content. Drinking a pint, or four, on a Friday night. Saturday too, maybe. And only posting pictures of food on social media that tastes as good as it looks. Because that's healthy for me. And that is the kind of behaviour I'm looking forward to obsessing over. **MR**





# #REVEALYOURSELF

Dare to take your body further with  
uncompromising sports nutrition.

START YOUR JOURNEY AT [BULKPOWDERS.CO.UK/REVEAL](https://www.bulkpowders.co.uk/reveal)



**BULK  
POWDERS™**  
PERFORMANCE DELIVERED.







# THE BIG WHEY GIVEAWAY

## GET YOUR FREE PROTEIN NOW



### THE PROTEIN WORKS™ WHEY PROTEIN 80

*Voted Best Protein of the Year*

TPW™ Natural Flavours

Zero Thickeners or Fillers

Exclusive Lifetime Guarantee

Aminogen® Patented Technology

Ultra Pure Whey Protein Concentrate

**FREE PROTEIN**  
**15 NATURAL FLAVOURS**  
WHEY PROTEIN 80 | RRP: £9.99

## BAG YOURS NOW!

[WWW.THEPROTEINWORKS.COM/FREE](http://WWW.THEPROTEINWORKS.COM/FREE)

NEW CUSTOMERS ONLY. TERMS & CONDITIONS APPLY. MINIMUM SPEND £10

[WWW.THEPROTEINWORKS.COM](http://WWW.THEPROTEINWORKS.COM)

TPW™ recommends a varied & balanced diet with regular training.  
THE PROTEIN WORKS™ is a trademark of Class Delta Ltd. FSN Magazine Product Awards 2014

**THE PROTEIN  
WORKS**  
PURE | PROVEN | PERSONAL



# PERSONAL TRAINER

Because fit is the new rich

EDITED BY DAVID MORTON



**YOUR LEANER  
CHEAT MEAL**  
P/129



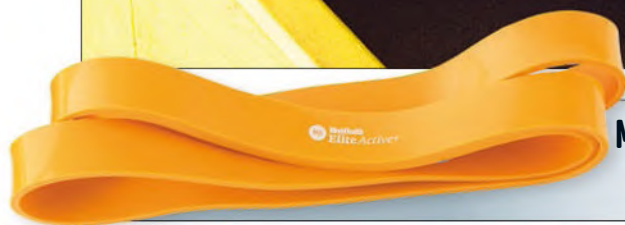
**TRIGGER FAT LOSS WITH  
THE PISTOL SQUAT**  
P/131



**COOL KIT FOR DOWNWARD DOGS**  
P/125



**MORE GAINS LESS  
EFFORT** P/114



**5-MIN MUSCLE FUEL**  
P/117



**BBQ IMPUNITY IN A JAR**  
P/117



**REBOOT YOUR BODY  
WITH ONE MACHINE**  
P/120



1 BIT OF KIT, 10 WAYS #05

# SIGN UP TO THE HOME WORKOUT RESISTANCE

Time to jump on the bandwagon. Resistance bands are lightweight tools that will deliver heavyweight results, wherever you hang your training hat. By maintaining constant tension throughout each exercise you'll recruit more muscle fibres for faster growth. Perform this workout three times a week to improve strength and definition at home, without setting up a squat rack in your living room

## 01

### SQUAT TO SHOULDER PRESS

3 SETS OF 12 REPS

Stand on the band (securely, please) and hold it at shoulder height, palms forward. Squat deeply (A) explode up and press overhead (B), holding for 1sec at the top.



## 02

### SIDE LUNGE

3 SETS OF 12 REPS EACH SIDE

With your left foot on the band, grasp the handles with an overhand grip. Step to the right and drop into a deep lunge (A). Drive up hard off your right foot to return (B).

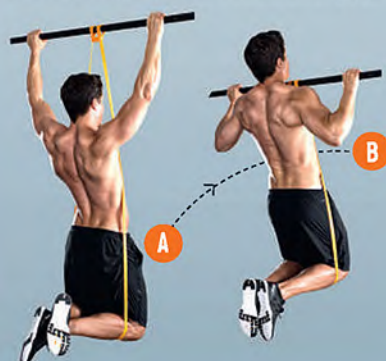


## 03

### ASSISTED PULL-UP

3 SETS OF 12 REPS

Swallow your pride and accept a leg-up. Stand on a chair, loop the band over a bar and place your legs in it. Squeeze your lats to pull up (A); return to deadhang (B).



## 04

### BENT-OVER ROW

3 SETS OF 10 REPS

Make sculpting a V-shape less arduous. Hold the handles at knee height with legs slightly bent, back straight (A). Squeeze your shoulders to pull up to your ribs (B).





MORE TENSION, LESS  
TIME, NO GYM BROS

## 05

### CONCENTRATION CURL

3 SETS OF 8 REPS EACH SIDE

Kneel, band secured under your right foot. Grab a handle and rest your elbow inside your right knee (A). Curl toward your left shoulder (B). Do 8 reps, then swap sides.



## 06

### BENCH PRESS

3 SETS OF 10 REPS

Leave the bar racked: anchor your band on the legs of a bench, grab the handles and lie flat (A). Exhale as you press up, squeeze at the top (B), lower with control.

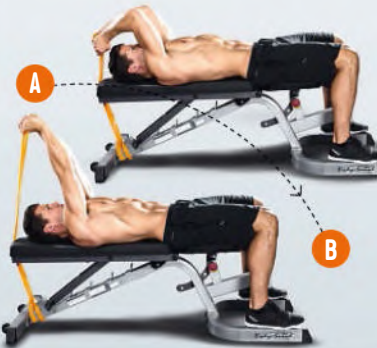


## 07

### SKULL CRUSHER

3 SETS OF 10 REPS

Secure the band low, behind a flat surface. Grab the handles (A), brace your core and press your arms directly above your chest (B). Bend your elbows to lower the band.

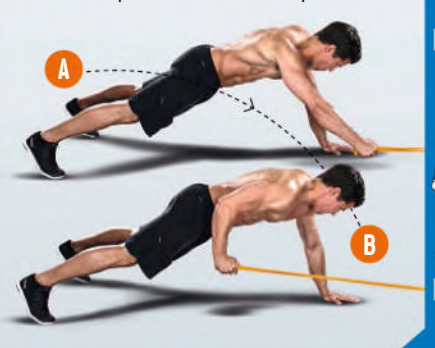


## 08

### PLANK BAND ROW

3 SETS OF 6 REPS/10SEC PLANK

A tough full-body move: form a plank, 2ft from the secured band (A). Pick it up with one hand and row to your side (B). Do 6, then hold a plank for 10sec. Swap sides.



## 09

### RUSSIAN TWIST

3 SETS OF 15 REPS EACH SIDE

Wrap the band around your feet and lean back to put your abs under tension. Keep the handles together and twist to touch them to your right side (A), then left (B).

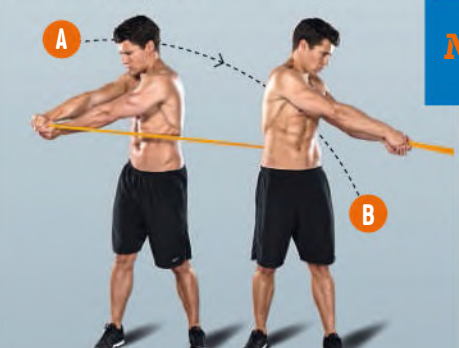


## 10

### WOODCHOPPER

3 SETS OF 12 REPS EACH SIDE

Blast stubborn fat with this finisher. Fix the band at hip height and turn side-on. Arms extended, rotate to pull across your body (A) slowly return (B). Don't let go.



## FANS OF THE BAND

Pick your level of resistance and turn any park, garden or hotel room into your personal gym  
[£30argos.co.uk/menshealth](http://£30argos.co.uk/menshealth)

RAPID RESULTS

HOT

NOT

## SPEC

MUSCLES  
USED



WORKOUT

40  
MIN

RESULTS IN

14  
DAYS

LEVEL

MED



f "Your DynaBars are amazing!"

#BeYourBest

🐦 "Absolutely unreal"

🐦 "The best on the market by far"

f "DynaBars taste fantastic"

🐦 "Protein never tasted so good"

f "Brilliant fuel up"

f "Definitely be buying again"



**OFFICIALLY  
VOTED THE  
UK'S BEST  
TASTING  
PROTEIN  
BAR\***

**20g**

**PROTEIN  
PER BAR**

DynaBar™ protein  
blend provides a  
massive 20g quality  
protein per bar



**BEFORE  
OR AFTER  
EXERCISE**

High protein content  
contributes to  
the growth and  
maintenance of  
muscle mass



**IDEAL HIGH  
PROTEIN  
SNACK**

Indulgent and luxurious  
crispy bar, with real  
milk chocolate, the  
perfect way of adding  
quality protein to your  
daily nutrition plan



**THE BEST  
TASTING  
PROTEIN BAR**

\*In an independent taste  
test 79% of participants  
voted DynaBar™  
'best tasting' when  
compared to other  
market leading brands

**TAKE THE TEST**

UPGRADE TO 'BEST IN CLASS' SPORTS NUTRITION  
AND SEE HOW FAR YOU CAN GO

**WWW.PROTEINDYNAMIX.COM**



**Protein  
Dynamix**



## MICROWAVE MUSCLE #10

STUFF YOUR  
DIET FOR  
FAST GAINS

This spicy pepper packed with egg will cram 19g of protein into your muscles in four minutes flat. Prep your microwaving finger

## YOU WILL NEED...

- Chopped tomatoes, ½ tin
- Smoked paprika, ¼tsp
- Salt and pepper
- A red pepper
- Eggs, 2
- Feta, as desired
- A chilli, chopped

## TIME TO MAKE

4 minutes

## NUTRITIONAL VALUE

19g protein

298 calories

6g sat fat



## 0-1MIN

Throw your chopped tomatoes into a bowl and add the smoked paprika, plus any other seasoning you fancy. Stir well and blast the mixture on high for about a minute in the microwave.



## 1-2MIN

Now halve your pepper, de-seed, remove the pith and put the halves on a plate, face up. Spoon the spicy tomato mix into them and crack an egg into each. Cook on high for 30sec.



## 3-4MIN

Finally, crumble the feta on top of the tomato and egg mix, sprinkle with fresh chilli and cook for 30sec or until the egg whites are solid. Blow hard over the top – then pull the pin.



DETONATE THIS  
PROTEIN BOMB FOR  
EXPLOSIVE GROWTH

POWER SAUCE #9  
BARBECUE  
IMPUNITY

With its cancer-busting mix of garlic, flavonol-filled onions and lycopene-laden tomatoes, you can lather this on a burger with healthy gusto



400g tin chopped tomatoes + 1 onion, chopped  
+ 3 garlic cloves, crushed + 3tbsp malt vinegar.  
Reduce in a saucepan

+



2tbsp Worcestershire sauce  
+ salt and pepper.  
Blitz in a blender

=



**YOUR ANTI-CANCER  
HOT SAUCE**  
Just add grilled meat



# "Protein is protein, right?" **WRONG**

- 49g pure whey protein
- No cheaper protein sources or fillers
- 13.5g BCAAs per serving
- No artificial colours or preservatives
- 100% natural **stevia** flavours



CODE: LAMHT



AS SEEN ON  
**active channel**

**lamuscle.com | Freephone: 0800 328 2345**

\*Complimentary Testosterone 250 only available when purchasing LA Whey Gold 2.2kg. First 500 customers only

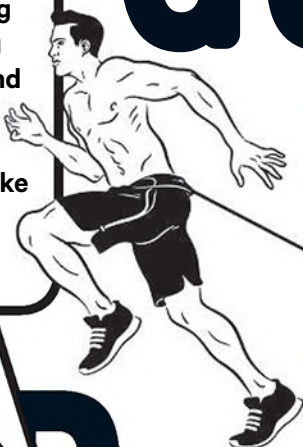


# HOW CAN I GIVE MY GAME A JUMPSTART?

Plyometrics – explosive jumping and footwork drills – are not the preserve of pro athletes with one eye on Rio. Use them to improve your strength, speed and six-pack abs by leaps and bounds

## GO HUNGRY

Plyometric movement burns huge amounts of energy in a short space of time, so it's the perfect workout for shifting any body fat that's slowing you down. Train on empty and it's even more effective for stripping fat – just limit your sessions to 25-30min and make sure you eat within an hour of hitting the shower.



# GO HARD

## TEST YOUR METAL

Review your programme after four weeks and add resistance wherever you've made significant progress. Hold a pair of dumbbells while performing your jumps, or strap on a speed chute or weighted sled when doing shuttle runs outside.



## PUT THE BOOT ON

If you're training for a particular sport, perform plyometrics in your match-day footwear whenever possible. Fully-cushioned training shoes are all well and good but if you can't put your preparation to use in studs, it's wasted effort. You don't get league points for being a 'workout warrior'.



# AND

## DO THE LEGWORK

While explosive pull-ups count as plyos, your hamstrings and glutes are the powerhouse for the big jumps that improve performance. Single-leg squats train them to work unilaterally, while heavy back squats will build power.



## WISE SUPP

You don't need muscle to perform box jumps, but you will need to manage your recovery if you're going to make them a regular thing. Supplement with BCAAs before and after training to speed up protein synthesis and reduce DOMS. If you want to enhance your performance, creatine monohydrate has been found to directly increase your explosive power.

# FASTED

## AND THE REST...

To get the most out of plyometrics, you have to put 100% into every rep. If your muscles are fatiguing, there is simply no point to any bounding around. Set aside a full 2-3min between each set to stretch and bring down your resting heart rate before your next max effort. Tabata class this ain't.



**EXPERT** Ben Camara

**EXPERIENCE** Camara is a movement specialist with a background in top-flight football and athletics. He fuses science and experience to hotwire your body.

**CONTACT** [no1fitness.co.uk](http://no1fitness.co.uk)

## OFFLOAD

Plyos are made up of eccentric and concentric phases. The first loads your muscles with energy; the second uses the stored energy to propel you. Stockpile extra force by slowing down on deadlifts: take 4sec to lower, then stand up as fast as possible.

## MEASURE SUCCESS

On day one of plyo training, the most important thing to remember is a pen. Record height and distance on your jumps, and time how fast you run. It won't just give you an ego boost in a month's time – the surprisingly significant increments along the way will also give you a psychological edge in every session. Hop to it.



## PHYSICAL REVOLUTION

# GET BACK TO YOUR BEST IN 4 WEEKS FLAT

Athletic strength, muscle that pops and killer abs. You had it all once – this is how to reclaim the lot. Our half-hour, full-body metabolic workouts fire up every muscle with just one machine. Perform each session on consecutive days, rest a day, and go again. In four weeks your body will be rebooted. Hit the button



## SPARK A SHOCK TO YOUR SYSTEM

Grab a towel and a rower, then brace yourself for a gruelling 30 minutes. Your first workout, which was designed by Stephen McKirgan of Equinox, combines innovative strength moves with intervals of high-intensity cardio to put your metabolism in overdrive. Work through the moves in order, rest two minutes, then repeat. Do four circuits in total and remember to mop down the machine afterward.

### 01

#### PLANK ROLL OUT 8 REPS, 30SEC REST

Start standing behind the rowing machine and rest your elbows on the seat, with your toes on the floor (A). Tense your core, then slowly roll forward as far as you can (B), hold for a second, then crunch your body back up to the start position. Keep driving your heels backward, hard, throughout the move.

### 02

#### ROWER SPRINT 500M, 30SEC REST

While you're enjoying your rest, get seated on the rower and set the resistance as high as you can. Pull with your hamstrings and flex at the hips to bring yourself forward (A), then push with your quads while pulling with your back and arms to bring the handle to your lower chest (B). Do 500m as fast as possible.

### 03

#### PIKE SHOULDER PRESS 8 REPS, 30SEC REST

Unfold yourself from the machine and get into a press-up position, feet on the seat, and hands on the floor (A). Flex at your hips and drive your glutes into the air to make your body into a 'V' shape (B). Now bend your elbows to shoulder press (think handstand press-up), before moving your feet back to the start position.



03B

04B

04A

05A

05B

## 04

## ARCHER ROW

2 X 150M, 30SEC REST

This is much like the rower sprints, but you'll only be pulling with one arm. Hold the middle of the handle with your left hand and keep your spine neutral as you reach forward (A). Drive back with your left elbow, squeezing your shoulders and getting in a bit of rotation as you pull (B). Do 150m, then swap sides.

## 05

## PISTOL SQUAT

8 REPS, 30SEC REST

Your legs and core will be smoking, so expect to wobble. Stand just behind the rower, one foot on the floor and one heel on the seat (A). Drop into a squat with your standing leg, slide your seated leg forward (B), then drive back up. Take two minutes' rest then re-start the circuit. You'll get a break from the rower tomorrow.

## THE SPEC

MUSCLES  
TARGETEDWORKOUT  
30  
MINRESULTS IN  
4  
WEEKSLEVEL  
MEDWIN THE TUG  
OF WAR WITH  
STUBBORN FAT



**EXPERTS** Stephen McKirgan and Lee Brooks

**EXPERIENCE** Elite trainers at Equinox in Kensington, the London base of the high-end global gym chain. Getting guys back into shape is their business.

**CONTACT** [equinox.com/](http://equinox.com/) / @equinox

01A

01B

02A

02B

DO THE HARDER YARDS TO FIND FITNESS FASTER

## PUSH REWIND ON YOUR BODY

Steady-state this ain't. Turning off the treadmill works your glutes and quads harder to maximise the potential of your body's biggest fat-burners, while the combination of movements devised by Equinox's Lee Brooks fires your upper body and abs. Do the moves in order, break for three minutes then repeat four times. Don't rest until you've completed the full circuit. In the sprint to reclaim your fitness, there's not a second to waste.

### 01 RAPTOR POWER WALK 60SEC

Don't start up the machine yet. Instead, grab hold of the handles or console, lean into it slightly and start to force the belt back, as though you're giving a broken-down car a push-start (A). Walk, don't run, using your glutes and hamstrings and keeping your chest upright and your core braced throughout (B).

### 02 HINDU PRESS-UP 10 REPS

Now spin around so your feet are on the sides of the treadmill and your hands are on the floor in a press-up position. Push back with your upper body to make that V shape again (A), then dive down and forward to snake your upper body up, chest facing straight forward (B). Do 10 reps, then start the belt running.





03

**FULL SPRINT****3 X 30SEC, 15SEC REST**

Set the incline to level 2 while the treadmill gets up to speed. You want to be running at 70-80% of your max pace. Start with your feet straddling the belt (A), then use the handles to lower yourself down and start sprinting (B). Go all out for 30 seconds, rest for 15 and then repeat. Three sprints in all, please.

04

**TWISTING PLANK****10 REPS**

Stop the machine (you do *not* want to skip this step) and spin around. Get into a press-up position, hand under your shoulders and core tensed. Now reach underneath your ribs with your right hand (A), before twisting to bring your right arm up above you to form a T shape (B). Do 10 reps, then switch sides and repeat.

05

**RAPTOR SPRINT****30SEC**

This last move is a killer, but it will ignite your metabolism to strip away as much fat as possible. With the treadmill off, grab the handles and start jogging to power the belt (A). Sprint on the balls of your feet, maintaining a quick, solid pace for 30 seconds (B). Rest for three minutes, grit your teeth – and repeat the circuit.

**THE SPEC**MUSCLES  
TARGETED

WORKOUT

**30  
MIN**

RESULTS IN

**4  
WEEKS**

LEVEL

**MED**



ULTRA-PREMIUM LEAN MUSCLE SUPPORT

# I'LL COME BACK LEANER & STRONGER

## NEW LEAN-8 MULTI- PHASE PROTEIN

- + 21g PROTEIN  
PER SERVING
- + ADDED TOLERASE™ L AND  
AMINOGEN® FOR OPTIMAL  
DIGESTIBILITY
- + HIGH IN FIBRE



RYAN TERRY  
IFBB PRO

"The new standard  
for protein  
supplementation"

### AVAILABLE IN THREE DELICIOUS FLAVOURS

CHOCOLATE PEANUT BUTTER  
VANILLA CINNAMON BUN  
STRAWBERRY



DISCOVER THE NEW GLOBAL USN RANGE

W [WWW.USN.CO.UK](http://WWW.USN.CO.UK) f [USN UK](https://www.facebook.com/USN_UK) t [@USN\\_UK](https://twitter.com/USN_UK) i [@USNUK](https://www.instagram.com/USNUK)



FIRST GEAR #08

# STRETCH YOUR PHYSICAL LIMITS

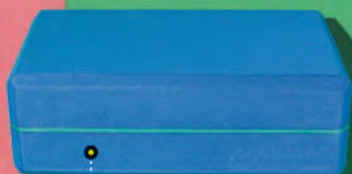
Leave broga to bros. This is the kit you need to move from no-go to yogi and breathe in all the performance-boosting benefits of yoga, minus the chimes and candles



## SOFT OPENINGS

This provides all the sweat-wicking you'd expect from a technical top but with wider arm holes for a huge range of motion, plus super-soft fabric.

**Dri-Fit Touch Tank**  
£22 [store.nike.com](http://store.nike.com)



## BLOCK RELEASE

Years at a desk leave most men with zero hip flexibility. Blocks add lift to sitting poses or height to standing ones, letting you reawaken your ligaments.

**Foam Brick** £4.50  
• [yogamatters.com](http://yogamatters.com)



## LET IT GRIP

The surface of these mats is designed to be water-absorbent, mopping up sweat so you're not left standing in slippery pools of effort

## FIT FOR PURPOSE

Baggy harem pants are out. These fit the trend for tailored tracksuit bottoms, that get you to, from and through your class in style.

**Anti-Gravity Pant** £88  
[lululemon.co.uk](http://lululemon.co.uk)



## SACK YOUR EXCUSES

With a wet-dry pocket to quarantine kit, a hammock for your mat and a pocket for a laptop or tablet, this bag leaves you no excuses to miss practice again.

**Cruiser Backpack** £108  
[lululemon.co.uk](http://lululemon.co.uk)

## SOOTHE TRANSITION

You might feel good after an hour of stretching, but you'll look flushed. Aloe vera in Kiehl's facewash reduces redness, so you can pretend it was easy.

**All-In-One Refuelling Wash** £16.50 [kiehls.co.uk](http://kiehls.co.uk)





# TAKE NO PRISONERS

#KOBAMODE





- ✓ REVOLUTIONARY PRE-WORKOUT WITH A BLEND OF ADAPTOGENIC NUTRIENTS AND NERVINES
- ✓ CONTAINS CARNOSYN® BETA-ALANINE TO REDUCE MUSCLE FATIGUE AND IMPROVE ALTHLETIC PERFORMANCE
- ✓ ENHANCES MENTAL AND PHYSICAL VITALITY



**MONKEYNUTRITION.COM**

**AWARD WINNING PROTEIN AND SUPPLEMENTS**

JOIN IN  @MONKEYNUTRITION  FACEBOOK.COM/MONKEYNUTRITION OR VISIT [WWW.MONKEYNUTRITION.COM](http://WWW.MONKEYNUTRITION.COM)



### • FLEXIBLE FRIEND

Hook this strap around your feet, thighs or hips, or hold it between your hands to extend your natural reach and get away with things you can't quite manage yet. *Natural Cotton Strap £9* [physicalcompany.co.uk](http://physicalcompany.co.uk)



### HIP FLASK

This bottle is BPA-free and made using sustainably sourced bamboo for karmic (and hipster) brownie points



### • TAPPED RESOURCES

Yoga unblocks connective tissues in your muscles, so staying well hydrated will allow you to push further. A dash to the fountain will only shatter your serenity. *Klean Kanteen Reflect £26* [kleankanteen.com](http://kleankanteen.com)

### • LINE MANAGER

This mat's deep cushioning protects your joints, and its embossed markers help you line up your body correctly from day one. *Liforme Mat £100* [liforme.com](http://liforme.com)



### • JOIN THE CREW

A fresh layer after class is a must. Boys Of Yoga are making yoga accessible to the normal guy, and the design works as well at the bar as it does on the floor. *Triangle T £30* [boysofyoga.com](http://boysofyoga.com)



### • LET IT GRIP

A microfibre towel over your mat prevents any sliding around caused by excess sweat. The first time you do the splits should be on purpose. *Towel £38* [lululemon.co.uk](http://lululemon.co.uk)

## KARMA BEFORE THE STORM

Use these yoga moves as a pre-workout warm-up and watch your PBs soar. Omm if you feel like it



### FORWARD FOLD

Stretches hamstrings, calves and hips; strengthens legs and knees

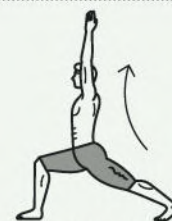
Hinge forward and bend your knees. Grab your ankles, or grasp opposite elbows with opposite hands, and let gravity do the hard work. Relax your head, neck, shoulders and torso. Breathe, remember.



### BACK BRIDGE

Stretches chest, neck, spine and hips. Repeat three times for best results

Lie on your back, bend your knees, and place your feet flat hip-width apart. Put your arms on the floor, lift your hips and press them to the ceiling. Hold for 45 seconds and, with each breath, push a little higher.



### CRESCENT LUNGE

Loosens tight hips by stretching the groin; strengthens arms and legs

On your hands and knees, step your right foot between your hands into a lunge, slowly lifting your back knee off the floor. Press your heel behind you to straighten your back leg. Hold for a minute; swap sides. Omm



FORMULATED BY EXPERTS. TRUSTED BY ATHLETES.



"I've never been that keen on eating oily fish so omega 3 supplements are an essential part of my daily routine. As an International rugby player it's reassuring to know that Healthspan Elite's fish oils are of the highest quality and go through the stringent Informed-Sport quality control programme."

**Stuart Hogg**  
Scotland Rugby International

# 1st for fish oils

- EXPERT ACCREDITED SUPPLEMENTS
- UNPARALLELED QUALITY & VALUE
- INFORMED-SPORT APPROVED
- TAMPER EVIDENT PACKAGING



INTRODUCTORY OFFER

£5 off\*  
+ FREE P&P

QUOTE CODE:  
ELMH-YJU

Healthspan  
**Elite**

HEALTHSPAN**ELITE**.co.uk

FREEPHONE 0800 80 30 123

@HSElite

Proud Partners and  
Official Suppliers to:



\*£5 off voucher valid on orders over £10. Quote code ELMH-YJU at checkout when ordering. Please allow up to 5 working days for delivery. Free P&P valid on all Healthspan Elite® orders delivered to UK addresses. Voucher valid until 31.07.2015 at [www.healthspanelite.co.uk](http://www.healthspanelite.co.uk) and only when purchasing Healthspan Elite products. Valid for single use only. Voucher cannot be used in conjunction with any other offer. Only one voucher can be redeemed per household.



CHEAT DAY #04

# JOIN CLUB MED FOR A BEACH BODY

Consider this the greedy man's way to travel light. Aubergine's satiating fibre acts as a bulking agent in your gut, while mint cuts bloating. Pack in vitamin C from lemon for fat oxidation and say bon voyage to excess baggage

**60%**

MORE FIBRE IN AN  
AUBERGINE (16G) THAN  
IN A SERVING OF CHIA  
SEEDS (10G)

**38:1**

RATIO OF DIGESTION-  
AIDING ANTIOXIDANTS  
IN MINT COMPARED  
WITH KALE



KEEP THE CARBS:  
PREP FITTER BREAD

**53MG**

VITAMIN C IN 100G OF  
LEMON. YOUR RDA IS  
60MG, SO SQUEEZE  
LIBERALLY



# THEY'RE JUST TOO GOOD TO LAST!



Now there's 5 NEW heavenly tasting Limited Edition flavours to choose from in your favourite EFFECTIV Whey. Using the latest flavour technologies to ensure you enjoy every delicious mouthful. Order yours today before they're gone!

**21g PROTEIN • 0g TRANS FAT • GLUTEN FREE**

**30% OFF + FREE SHAKER & UK DELIVERY**  
ENTER CODE: **MHLE30** [WWW.EFFECTIVNUTRITION.COM](http://WWW.EFFECTIVNUTRITION.COM)

Tell us about your favourite flavour for a chance to

   **WIN A FREE MONTHS SUPPLY!**

**Men's Health EXCLUSIVE OFFER!** Expires August 31, 2015



GET TO TEN #07

# ARE YOU A STRAIGHT SHOOTER?

The pistol squat is a bodyweight badge of honour that's well worth shooting for. It requires hip mobility, so is a great antidote to sitting at your desk all day, and it also works your glutes and core. If you can do 10 per leg, show us and you could bag a supply drop of supps. Take aim, open fire

## 01/ HOLD FAST

Start with your feet shoulder-width apart, arms down at your sides. Extend one leg forward slightly and point your toes up toward the ceiling. This puts tension into your calf and will help trigger your glutes and core for balance.

## 02/ COUNTER STRIKE

Start the movement by slowly bending your back knee; focus on keeping the knee in line over your foot as you drop down. Raise your arms in front of you to shoulder height. You can do this holding a weight – or a handrail if you're out of practice.

## 03/ SHOOT BACK

Depth is the aim. You want to be pretty much sat on your grounded foot with your other leg straight out but not touching the floor. Pause for two seconds, then push up. Do all your reps on one leg, then switch. Target muscles, blasted.

## #GetTo10

Pick a creative spot, blast out your 10 reps, then post your video with the hashtag #GetTo10

🐦 @MensHealthUK

📺 Men's Health UK

📷 MensHealthUK





# REMUS UOMO

[www.remusuomo.com](http://www.remusuomo.com)



EDITED BY ERIC DOWN & JAMIE MILLAR

Men'sHealth

MH PRESENTS



## OUR MAN IN HAVANA

SHIRT £130 WHISTLES  
WHISTLES.COM



★ INSTANT UPGRADE ★

## THE COLLAR OF REVOLUTION

SMUGGLE A CUBAN COLLAR SHIRT INTO YOUR SUITCASE FOR A HIGH-FIDELITY HOLIDAY WARDROBE TO LEAVE EVERYBODY ELSE IN THE SHADE

★ PHOTOGRAPHY BY TAL SILVERMAN ★

**T**hrowing relations with the US, which had been stuck in the Cold War, are making Cuba hot right now. And it's not only tourism taking note, but the fashion world too. See the Cuban-collar or cabana shirt, which is Havana moment (sorry). It's short-sleeved, with a wider, perma-open collar that's notched not unlike your work suit's lapel but instantly says 'summer' – and that you're on the button. It can also have a faint '50s Americana vibe, especially with kitsch retro prints. But to say '2015' – rather than 'Magnum PI' – opt for understated colours and patterns, or even plain versions. Wear them with shorts, chinos or relaxed tailoring, but beware stonewashed denim. And although it's a badge of your fashion credentials, ensure that collar isn't too big, Scarface.



# ★ THE MANUAL ★ TRENDING TROPICS

WHEREVER THE WARM FRONT TAKES YOU THIS SUMMER, FOLLOW  
OUR GROOMING ADVICE TO MAKE FACING THE HEAT A BREEZE

PHOTOGRAPHY BY TAL SILVERMAN ★ WORDS BY JAMIE MILLAR & LEE KYNASTON

## SMOKE WITHOUT FIRE

LIKE THE FAMOUS CUBAN EXPORT,  
TOBACCO SCENTS CARRY CACHET  
(BUT WON'T UPSET YOUR DOCTOR)

01

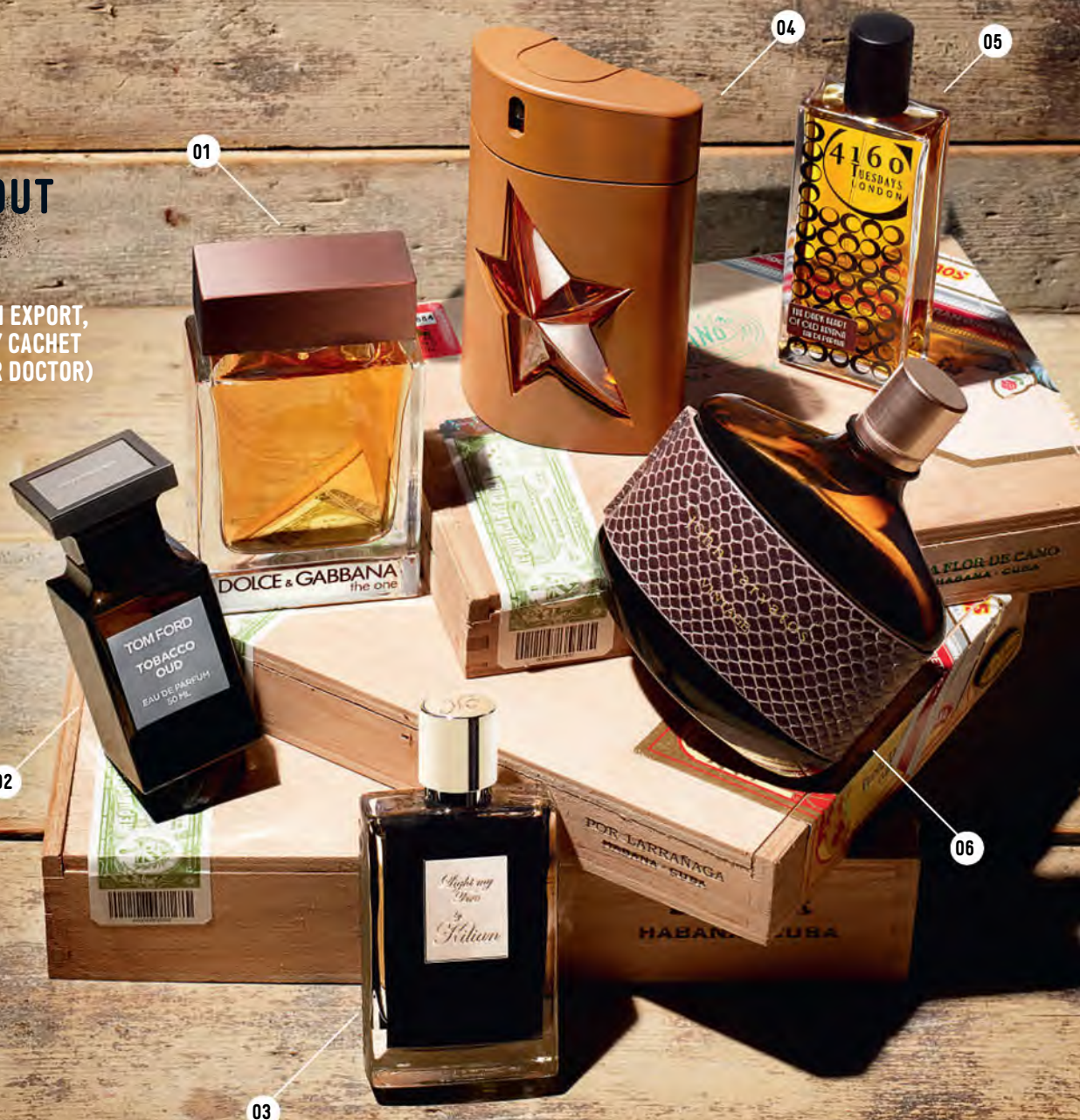
**DOLCE & GABBANA  
THE ONE FOR MEN**

*Best for: cigar breaks*  
Japan's Toyama University  
found cedarwood – a key  
note in this fragrance – has  
a calming influence. Its  
advertising face, Matthew  
McConaughey, does seem  
pretty relaxed, admittedly.  
£39.50 for 30ml EDT  
[theperfumeshop.com](http://theperfumeshop.com)

02

**TOM FORD TOBACCO OUD**

*Best for: kindling romance*  
"Tobacco combines well  
with woody notes," says  
revered perfumer Roja  
Dove, such as oud: a resin  
from tree fungus widely  
used in the Middle East  
which holds up well in heat.  
It's sexier than it sounds.  
£142 for 50ml EDP  
[houseoffraser.co.uk](http://houseoffraser.co.uk)





## 03

### KILIAN LIGHT MY FIRE

*Best for: meaning business*  
"This scent does away with the traditional citrus top notes and cuts straight to Cuba's famous Montecristo cigars," says James Craven, archivist at perfumery Les Senteurs. "It's the smell of power." But mainly cigars. £195 for 50ml EDP [lessenteurs.com](http://lessenteurs.com)

## 04

### THIERRY MUGLER A\*Men PURE HAVANE

*Best for: quick getaways*  
Sweet and intense, this Cuban twist on Mugler's iconic A\*Men fragrance comes in a rubberised flask: perfect for throwing into a suitcase in a hurry. £48 for 100ml eau de toilette from [mugler.co.uk](http://mugler.co.uk)

## 05

### 4160 TUESDAYS THE DARK HEART OF OLD HAVANA

*Best for: Tinder dates*  
Inspired by the city's adult underbelly, this sexed-up scent contains musk, which mimics testosterone – and women are 1000 times more sensitive to it than men. £60 for 50ml EDP [lessenteurs.com](http://lessenteurs.com)

## 06

### JOHN VARVATOS VINTAGE

*Best for: lasting impact*  
"There's something very masculine and show-offy about tobacco, especially alongside leather," says Penny Ellis of perfumery Floris. Vaping just doesn't have the same impact. £45 for 75ml EDT [debenhams.com](http://debenhams.com)

# AVOID THE USUAL HOTSPOTS

COOL YOUR BOOTS – AND THE REST OF YOUR BODY – WITH THIS HIGH-FIDELITY HEAT MAP DETAILING THE BEST WAYS TO REVOLT WHEN WARM WEATHER STRIKES

## ON THE FRIZZ

Humidity can make your barnet do a Valderrama, especially if curly or fine. "Hair expands in damp air," explains trichologist Philip Kingsley. Bumble and Bumble Defrizz provides protection £23 [bumbleandbumble.co.uk](http://bumbleandbumble.co.uk).

## ELBOW GREASE

Your face is one thing you don't want to shine. "Skin protects itself from heat by producing sweat and oil," says dermatologist Dr Mervyn Patterson. Clean up any slicks with Mattifying Moisturizer £25 [clinique.co.uk](http://clinique.co.uk).

## MOTION SCENTER

Movement is as much of a sweat-trigger as heat. Adidas' Climacool 48hr Deodorant (£1.35 [superdrug.com](http://superdrug.com)) has tiny friction-activated caps that release protection as you move. NB You should still re-apply tomorrow.

## CHILL FACTOR

"Sunburn reduces the skin's ability to release excess heat," warns Sally Penford of The Intl Dermal Institute. Not cool – unlike the skin-chilling Nivea Protect & Refresh Spray £8 [boots.com](http://boots.com).

## BURNING LOINS

You can get 'chef's crotch' even out of the kitchen. Prickly heat from excess sweating afflicts the armpits, back and, yes, groin. Douse the fires with an anti-inflammatory such as 1% hydrocortisone cream £3.79 [boots.com](http://boots.com).

## COLD FEET

Feet have the body's highest concentration of sweat glands. Matthew Fitzpatrick at The College of Podiatry suggests applying surgical spirit in the morning: "It cools and dries the foot." Stop kicking up a stink.



## FROM CHE TO SHAVED

IF PEAK BEARD HAS PASSED OR YOU'RE TOO HOT FOR FLEECE FACE, USE THESE STEPS FROM RUFFIANS BARBERS' TO REMOVE GUEVARA-GRADE FACIAL HAIR



### SCRUB UP WELL

Take as much as you can off using clippers, without a guard. Shower to open up your pores – and just generally delouse.



### SAVE YOUR SKIN

Exfoliate and you won't have any face left. Use micro-granular scrub then shave oil as your skin is extra-sensitive.



### SMOOTH MOVES

Next apply foam or gel (free from any skin-drying alcohol). Shave in the direction of hair growth to reduce irritation.



### NEAT FINISH

Finally, apply the cold flannel you put in the freezer an hour ago, then add moisturiser or balm. SPF is a bright idea too.



# RAYMOND WEIL

## GENEVE



IN PARTNERSHIP WITH **Gibson**  
BRANDS

RAYMOND WEIL's universe is more than ever inspired by music of all genres - from rock to classical. The luxury Swiss watchmakers join forces with Gibson Brands, Inc. to create an exceptional nabucco timepiece, limited to 200 units - emulating the Gibson SG Standard guitar, once again demonstrating its love of music.

Join the discussion [#RWGibson](#)

Limited Edition - *nabucco*



#### INGREDIENTS

- Martini Rosso, 25ml
- Campari, 25ml
- Soda, dash



### 01 THE AMERICANO

*In Casino Royale by Ian Fleming*

Even Bond can't function on vodka martinis alone. "Fill a highball glass with ice, add the alcohol, top with soda and garnish with an orange slice," says master mixologist Tony Conigliaro\*. "Stir in one direction for equal dilution of ice." NB Keep your Martini in the fridge – it spoils more quickly than spirits.

#### YOUR EXTRACTION POINT: 3 DRINKS

A perfect aperitif and/or nightcap: the citrus notes prepare the palate, and it's (comparatively) low-alcohol. Make it last until the ice melts: it changes the flavour – and hydrates you.

#### INGREDIENTS

- Havana 3 Rum, 50ml
- Lime juice, 20ml
- Sugar syrup, 10ml



### 02 THE DAIQUIRI

*In Our Man in Havana by Graham Greene*

Luminous-red strawberry numbers are for package holidays; this is a daiquiri done right. They're made in Cuba (and drunk in the book's Wonder Bar). "Shake the ingredients over ice for 15 seconds and fine-strain into a chilled cocktail glass," says Conigliaro. "Garnish with a lime wedge on the rim."

#### YOUR EXTRACTION POINT: 3 DRINKS

But drink no faster than one per hour. Sugar slows the rate at which alcohol is absorbed into your blood, so it may take longer to realise that you've been feeling 'compromised'.

# SHAKEN, NOT SLURRED

INTERNATIONAL MEN OF MYSTERY DO NOT DRINK WARM BEER. CUT A SOPHISTICATED DASH AT YOUR NEXT BARBECUE WITH THESE COCKTAILS FROM CLASSIC SPY NOVELS

- ★ PHOTOGRAPHY BY DAN MATTHEWS
- ★ WORDS BY MARK SANSOM



#### INGREDIENTS

- Beehive gin, 60ml
- Angostura bitters, 4 dashes



### 03 THE PINK GIN

*In The Spy Who Came in From the Cold by John Le Carré*

Early-era spies developed a taste for pink gin thanks to 19th-century sailors, who blended gin with bitters as a seasickness cure. It's also a great aperitif. "Stir over ice and strain into a chilled martini glass," says Conigliaro. "It doesn't get much easier."

#### YOUR EXTRACTION POINT: 1 DRINK

With almost three shots of gin and only bitters to dilute it, the first sip is like an interrogator's slap. Make it last at least 45 minutes and don't be tempted to order another round.

#### INGREDIENTS

- Bourbon, 60ml
- Mint leaves, 10
- Sugar syrup, 15ml



### 04 MINT JULEP

*In The Spy by James Fenimore Cooper*

It's one of the first spy novels, but cocktails were already espionage essentials. "Add the mint and syrup to a julep tin or pewter mug," says Conigliaro. "Clap the mint in your hand to bruise it, add cracked ice and bourbon, then churn." You only want the mint to release its oils, so keep the leaves intact.

#### YOUR EXTRACTION POINT: 2 DRINKS

Don't be fooled by the sugariness: it's cover for a treble bourbon. Make each drink last at least 40 minutes. Six rapid-fire shots is enough to make any agent forget his identity.



MH PRESENTS



## OUR MAN IN HAVANA

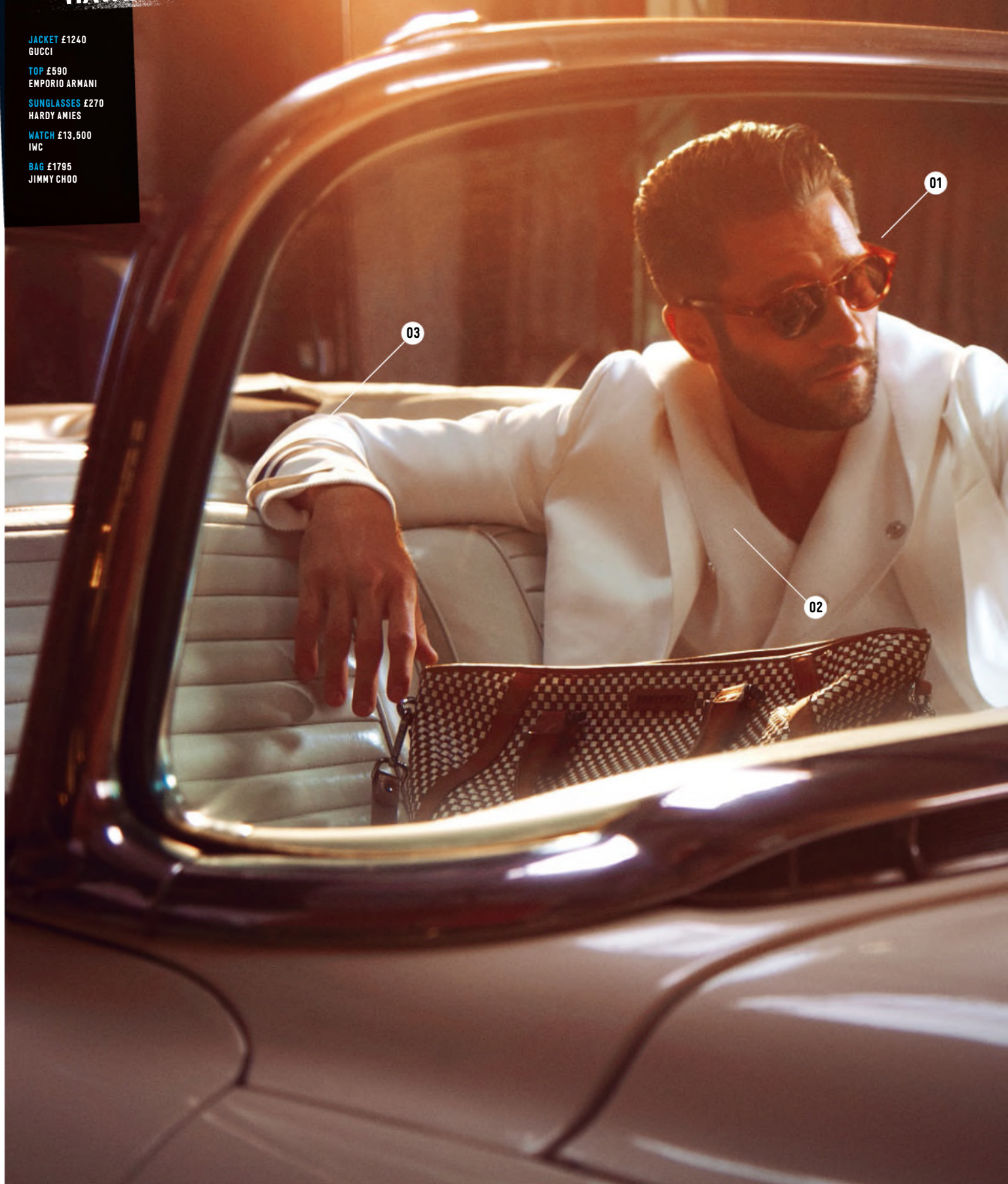
JACKET £1240  
GUCCI

TOP £590  
EMPORIO ARMANI

SUNGLASSES £270  
HARDY AMIES

WATCH £13,500  
IWC

BAG £1795  
JIMMY CHOO



01

03

02



★ THE PORTFOLIO ★

# SHIFT INTO NEUTRAL

FASHION DESIGNERS ARE TAKING A WHITE TURN THIS SUMMER, DRIVING A TREND FOR TAILORING THAT'S LIGHT IN WEIGHT AND COLOUR, AND WOULDN'T LOOK OUT OF PLACE IN THE CARIBBEAN. IT'S TIME TO CHANGE UP

PHOTOGRAPHY BY RICHARD DAWSON ★ STYLING BY ERIC DOWN

★ WORDS BY JAMIE MILLAR ★

## SWITCH ON YOUR LIGHTS

Whites and off-whites get an airing every spring/summer, but this season more than most. This jacket (part of a suit) from the first look at Gucci's spring/summer 2015 show really set the tone. But while pale tailoring can bring to mind Sebastian Flyte, this is not about revisiting Brideshead: the right gear is more modern. "Dress it down with a pair of trainers or a crew-neck T," recommends Phil Green, head of personal shopping at Farfetch. Something equally sporty, like this hooded top by Emporio Armani, will help convert it.

01

### TRUTH SHADE

Too much Daz white is dazzling; break it up with brown sunglasses, bags and belts. Like cookies, they go especially well with cream.

02

### UTILITY PLAYER

This hoodie can double as an outer garment in warmer weather, or an underlayer if the mercury – or your soft-top – drops.

03

### SPORT MODE

Stripes like these – seen elsewhere at brands such as Thom Browne – also help make the effect more athletic, rather than aristocratic.



JACKET £395 AND  
TROUSERS £140  
BOTH HARDY AMIES

SHIRT £175  
JOHN VARVATOS  
COLLECTION

TIE £45  
FAVOURBROOK

SHOES £65  
KG KURT GEIGER

SUNGLASSES £100  
OLIVER GOLDSMITH

WATCH £12,280  
WEMPE

BAG £392  
MICHAEL KORS



## MARRY YOUR ACCESSORIES

Banish memories of the Spice Boys: you can wear a light-coloured suit. But while “no white at weddings” only applies to women, you still have rules to honour and obey. “Guys view the white suit as a blank canvas,” says Green. “I see them all the time with, say, a floral tie.” But your get-up is already loud, so your accoutrements should be understated: “You want to complement rather than contrast.” And no dark shirts, unless you want the reception DJ to play *Night Fever*.

### 01 NO SUCKER

Seersucker is puckered, so cooling air can circulate. This suit softens the usual contrasting stripes, making it less Colonel Sanders.

### 02 BLINDING TIES

As with your suit fabric, avoid overly shiny neckwear or pocket squares. “They’ll reflect the sunlight and look cheap,” warns Green.

### 03 MIGHTY ZHOOSH

Rolling the sleeves or trousers adds cool and takes any dandyish edges off. NB Wait until the reception before loosening your tie.



MH PRESENTS

OUR MAN IN  
HAVANA

# LIGHTEN YOUR MOOD

A white or cream suit is rarely a viable work option. "A paler colour is less formal," says Simon Crompton of tailoring site Permanent Style. That easy attitude should extend to the construction: minimal padding in the shoulder and little or no lining makes for a more natural fit. "With a very formal suit in a pale colour, there's a disconnect," says Crompton. "A softer jacket is also easier to wear with jeans and chinos." Just steer clear of pastels, Crockett.

## 01 NECK STRAIN

Pro tip from Eric Down, MH's Senior Style Ed: yank your T-shirt collars slightly, so they look more "louche" and less "Don Johnson".

## 02 OPEN SEASON

A double-breasted jacket should normally always remain fastened. But flapping in the wind fits the breezy vibe here.

## 03 FOOT LOOSE

Though still smart, woven leather shoes are, like a linen suit, just that little bit more casual – and a hell of a lot more breathable.



JACKET £500  
POLO RALPH LAUREN

TOP £65  
THE WHITE BRIEFS

TROUSERS £45  
MASSIMO DUTTI

SHOES £675  
LOEWE

WATCH £350  
UNIFORM WARES

IN THE BOOT:

BAG £1250  
J.M. WESTON

SMALL SUITCASE £1195  
AND BIG SUITCASE £1445  
BOTH GLOBE-TROTTER

ON THE GROUND:

BAG £2900  
DUNHILL

MEDIUM SUITCASE £1385  
GLOBE-TROTTER



MH PRESENTS

## OUR MAN IN HAVANA

TOP £259 AND BAG £392  
BOTH MICHAEL KORS

TROUSERS £275  
RICHARD JAMES

SHOES £295  
RUSSELL & BROMLEY

WATCH £1500  
ZENITH

MEDIUM SUITCASE £1385  
GLOBE-TROTTER

## MIX OR MATCH

Instead of a suit you might only wear for a wedding, think of a pale two-piece as two surprisingly wearable pieces.

"A separate jacket or trousers is easier to pull off with, say, some mid-grey trousers, or a brown jacket," says Crompton. These trousers are by Richard James, who showed neutrals on the London catwalk as both full suit and separates, with khaki and olive. You'll get to dust them off much more often.

### 01 WEAVE IN

Mix textures when tones are in harmony so you don't look flat. This short-sleeved summer knit is the sartorial equivalent of a convertible.

### 02 ROUGH LUCK

Neutrals tend to look and feel better in textured, breathable fabrics like cotton and linen. "Wools are too sharp and shiny," says Crompton.

### 03 LIGHT FOOTED

Mid-brown or tan shoes will ground whites and creams. "They should be darker than your trousers, but still close in tone," says Crompton.

STOCKISTS: CANAL 1020 7290 3500, CHRISTY'S HATS CHRISTY'S HATS.COM, DIOR HOMME DIOR.COM, DUNE DUNELONDON.COM, DUNHILL DUNHILL.COM, EMPORIO ARMANI ARMANI.COM, EYE RESPECT EYESPECT.COM, FAVOURBROOK FAVOURBROOK.COM, GLOBE-TROTTER GLOBETROTTER1897.COM, GUCCI GUCCI.COM, HARDY AMIES HARDYAMIES.COM, HYDE'S SERVICES.COM, IWC IWC.COM, J.M. WESTON JMWESTON.COM, JIMMY CHOO JIMMYCHOO.COM, JOHN VARVATOS COLLECTION JOHNVARVATOS.COM, JOHN VARVATOS STAR USA JOHNVARVATOS.COM, KIG KURT GEIGER KURTGEIGER.COM



**JACKET** £430  
POLO RALPH LAUREN

**POLO SHIRT** £100  
LACOSTE

**SHORTS** £295 AND  
**BAG** £1590  
BOTH DUNHILL

**SHOES** £39  
DUNE

**HAT** £90  
CHRISTY'S HATS

**SUNGLASSES** £220  
HYDE'S

**WATCH** £2040  
LONGINES



PASSIONATE ABOUT WATCHES



WATCHFINDER & Co.

THE PRE-OWNED WATCH SPECIALIST



[WWW.WATCHFINDER.CO.UK](http://WWW.WATCHFINDER.CO.UK)

THE WATCHFINDER & CO. LONDON BOUTIQUE, THE ROYAL EXCHANGE  
BANK, CITY OF LONDON, EC3V 3LQ - CALL **0208 1508767**

THE WATCHFINDER & CO. BLUEWATER BOUTIQUE **NOW OPEN**  
BLUEWATER, THE VILLAGE, GREENHITHE, KENT, DA9 9ST - CALL **01322 473332**



# ★ WRIST ASSESSMENT ★ YOUR MAN IN GENEVA

LIKE BOND'S DB5, NEW WATCHES ARE  
CONCEALING HIGH-TECH GADGETRY TO  
GO UNDERCOVER AS VINTAGE MODELS

★ PHOTOGRAPHY BY TAL SILVERMAN ★

**T**he watch world's enduring love of all things retro is not exactly classified information. But the revival of interest in 'proper' watches has seen a trend for new models that look deliberately, deceptively old-fashioned.

Which isn't to say that the tech ticking inside has remained untouched. Rather, like something out of Q Branch, all those cream dials, ovoid cases and classical typographics conceal up-to-the-minute mechanics or electronics. They're less likely to fail in the field than their forbears, with the charm of vintage and almost none of the maintenance.

James Bond's first timepiece – in the books and films – was a Rolex Submariner: elegant, waterproof and suitable for both dinner suit and wetsuit. Today, the most desirable reissued models tend to be diver's watches. The **Longines Heritage Diver 1967** (£2060) **04** is a revival of a '60s classic, with a burgundy bezel richer than Ron's mahogany sideboard. This time, however, it hides a modern chrono movement with a precise stopwatch.

Oris is also exploring the '60s diver's market. Its under-the-surface efforts are getting overdue recognition thanks to this year's **Oris Divers Sixty-Five** **02** revival, coinciding with the 50th anniversary. The domed dial is now scratchproof crystal, and the 'patinated' (retro-looking) numerals are in burning Super-LumiNova rather than carcinogenic radium (handy). At £1150, it's also a bargain for an automatic.

Even more accessible is the **Bulova Snorkel** (£349) **03**, which hails from the Moore-era of Bond – an egg-shaped case, mesh bracelet and flash of orange are '70s hallmarks. Inside, however, it's resolutely 2015: three vibrating prongs regulate the movement's 'tick', over the usual two, making the watch accurate to within 10 seconds a year (the norm is 15 seconds a month for quartz movements). The seconds hand sweeps rather than jerks – usually a tell of more expensive models.

Across the pond, Ball Watch has been addressing the issue of magnetism, which plays havoc with mechanical movements and metal-mouthed henchmen alike. The caseback of the burly **Ball Watch Engineer II Magneto S** (£2510) **05** boasts a petal diaphragm, which brings to mind the iris



**ALEX DOAK**  
MH's watch spy  
is armed with  
the latest intel.  
He expects  
you to buy

of an old camera – or Bond's gun-barrel title sequence. When you're done showing off the movement, simply close the aperture and tackle your nemesis' doomsday device with confidence.

Alternatively, gaze through **Breitling's Transocean 1915** (£6790) **01** to your heart's content. Precisely one century ago, Switzerland's pre-eminent aviation watchmaker created the world's first single-pusher chronograph with its pushpiece at two o'clock – ie where the thumb or forefinger naturally rests, and thus far easier to operate. The styling is nostalgic but the movement inside is forward-thinking: a two-tier column wheel activated by two stacked levers. It's mechanically efficient, but with a bygone élan – like Daniel Craig in a Tom Ford tux.



## THE SPY WHO LOVED WATCHES

007'S WATCH WARDROBE IS  
ENVIABLE – ASSUMING HE  
KEPT THEM IN ONE PIECE



DR NO  
1962  
Rolex  
Submariner

THUNDERBALL  
1965  
Breitling  
Top Time

LIVE AND  
LET DIE  
1973  
Hamilton  
Pulsar P2

THE SPY WHO  
LOVED ME  
1977  
Seiko 0674  
(quartz!)

THE LIVING  
DAYLIGHTS  
1987  
TAG Heuer  
Professional  
Night Diver

GOLDENEYE  
1995  
Omega  
Seamaster

CASINO ROYALE  
2006  
Omega Planet  
Ocean  
Seamaster

SKYFALL  
2013  
Omega Planet  
Ocean 600M





**7TH  
MAY**














IN SUPPORT OF



**20 MILES • 200 OBSTACLES • MUD • BEER**  
**EVERYTHING ELSE IS A WARM UP**  
**RATRACEDIRTYWEEKEND.COM**





MH QUIZ  
MUSIC  
NO.20

# ARE YOU ON THE RIGHT TRACKS?

A well-selected playlist can retune your body and amplify your power in the gym or at work. Take our test, then listen up





## Q1\

### Can Chet Baker encourage you to lose weight?

- ☐ A Yes  
☐ B No

**A** No drug habit required: a Cornell University study found slow jazz reduces your eating speed, as well as making your meal more satisfying. Conversely, it's worth keeping the Benny Hill theme to hand for any dawdling dinner guests.

## Q2\

What's the required dose of music to increase your immune response?

- ☐ A Eight hours  
☐ B Five hours  
☐ C 50 minutes

**C** A long album's worth of uplifting music causes your immune system to produce more antibodies, while curbing stress hormones, reports a Sussex University study. Take this medication aurally.

## Q3\

Listening to music is as relaxing as...



☐ A A smile



☐ B A cup of tea



☐ C A massage

**C** Lying on the sofa and listening to music for an hour reduces anxiety as much as a 60-minute rub down. Deep breathing intensifies the effect, says *Depression and Anxiety* journal. Anything you enjoy works, though we'd advise a middle ground between *Chanting Om Volume II* and Slayer.

## Q4\

Which genre works best for your run?

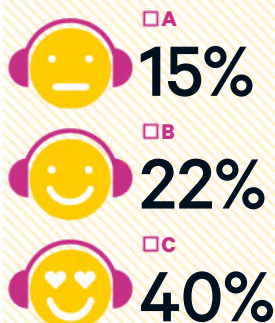
- ☐ A Ambient  
☐ B Techno  
☐ C EDM



**B** Get ready to go hard and fast. Brunel University found up-tempo, energetic music is the best sort to listen to while doing cardio or other steadily paced exercises. Its more commercial Vegas cousin EDM is better to listen to before your workout (its gradual build-ups leave you feeling pumped). Drop the tempo with ambient sounds to accelerate your recovery by helping you relax.

## Q5\

What proportion of women are more turned on by good music than by touch?



**C** Almost half of those in a Uni of London study rated seductive songs above their partner's fumbling. Study authors say the best tracks feature singers with wide vocal range, high 'chest voice' and 'raspy' quality.

## Q6\

Learning an instrument will make your mind sharper...



☐ A True

☐ B False

**A** Good news for long-time learners: those who pick up a musical instrument before age seven display superior cognitive performance and an enhanced vocabulary. But it's worth restringing the guitar gathering dust in your living room, as you can still reap the benefits as an adult – namely improved memory and response times.

LES IS MORE...  
MEMORY, AT LEAST



## Q7\

### We all know a playlist can improve your workout performance – but how?

☐ **A**

It increases endurance


☐ **B**

It makes it feel more fun

☐ **C**

It distracts you from fatigue

**ALL THREE** Marrying your stair climbs with the *Rocky* theme tune makes your sessions less strenuous, found a study in the journal *PNAS*. While scientists have always known that music distracts you from discomfort, they've now discovered that it also increases your muscles' energy efficiency and improves blood flow. And the best gym playlist is your own: controlling and manipulating the tracks to suit your movements and spur you on is key, so bring your iPod rather than allowing your PT to play DJ.

## Q8\

### How does music affect your memory?


☐ **A**

It doesn't

☐ **B**

It enhances it

☐ **C**

It makes it worse

**B** Two hours listening to music a day has a positive effect on memory and focus, says *Brain journal*. A study of recovering stroke patients saw their verbal memory improve twice as quickly with a daily playlist, while concentration jumped 17%. Getting the guitar out mid-conference is a step too Brentian, though.

## Q9\

### Playing sad songs makes you feel...

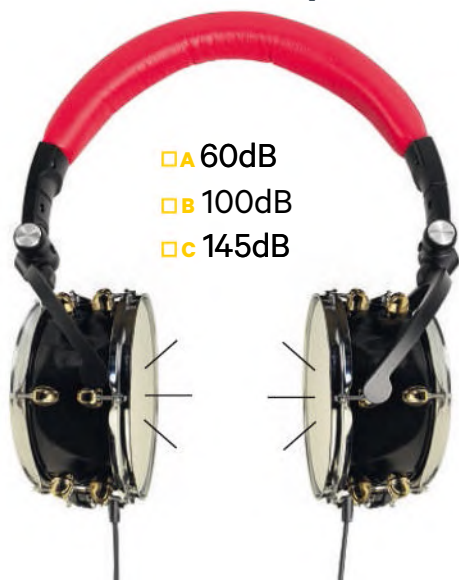

☐ **A** Better

☐ **B** Worse

**A** Melancholy music actually makes you "feel more blithe and less tragic", reports Tokyo University, by allowing you to process your deeper emotions without posing any real threat to your wellbeing. So, to quote The Beatles, "take a sad song and make it better".

## Q10\

### At what level do headphones cause hearing loss?


☐ **A** 60dB

☐ **B** 100dB

☐ **C** 145dB

**B** At this level, signals between the ears and brain can be disrupted, leading to temporary deafness and tinnitus, the University of Leicester says. MP3 players generate up to 120dB at full blast. Try noise-cancelling earphones (TDK NC360 £40 [amazon.co.uk](http://amazon.co.uk)). They block out background murmurs, so you won't need to dial it up to 11 every morning to drown out your overpacked train.

## Q11\

### If you want to cut down on sugar, what should you listen to when eating?

☐ **A** Pavarotti

☐ **B** Erik Satie

☐ **C** Honeyz


**B** Music enhances certain flavours in food, found Oxford University, effectively changing the taste. This so-called 'sonic seasoning' makes food seem sweeter when enjoyed with high-pitched piano music, removing the need for any added sugar. In contrast, if you're eating bitter flavours, a booming track brings them out. Pair Pavarotti with your espresso. *Nessun Dorma* indeed – if you brew it strong.



# TAKE THE PLUNGE



EXCEL LONDON

Shelter

**R** **RIVER**  
**RAT RACE**  
LONDON

**15% OFF**  
WITH CODE MH15

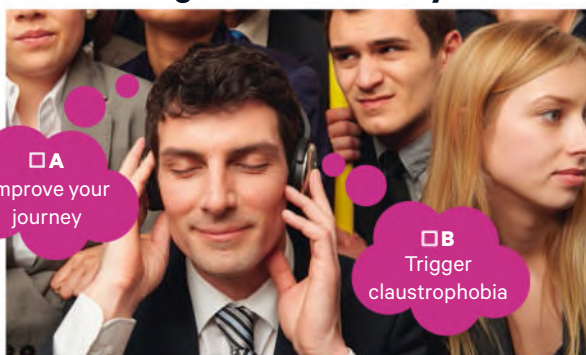
**10K-30 OBSTACLES**  
**LONDONRIVERRATRACE.COM**

**25TH JULY**  
**EXCEL LONDON**



## Q12\

**On a crowded commute, what effect will listening to The Beach Boys have?**



**A** Listening to music that evokes positive emotions shrinks your perceived personal space, according to researchers at the Royal Holloway University of London. In other words, plug in to something happy on the way to work and you'll find the battery-hen vibe of the rush-hour train more tolerable.

## Q13\

**Which one of these musicians is (probably) the quickest thinker?**



**A**  
Kanye West



**B**  
Beyoncé

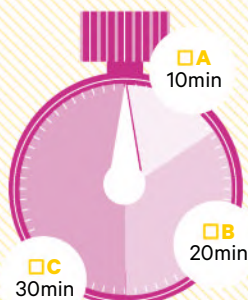


**C**  
Skrillex

**A** We doubt he'd dispute it. The National Institutes of Health found that freestyle rapping gives your prefrontal cortex a boost, increasing activity in the area involved with free expression and quick thinking. Start out by improvising your own lyrics to songs – about how you're the Steve Jobs of your field.

## Q14\

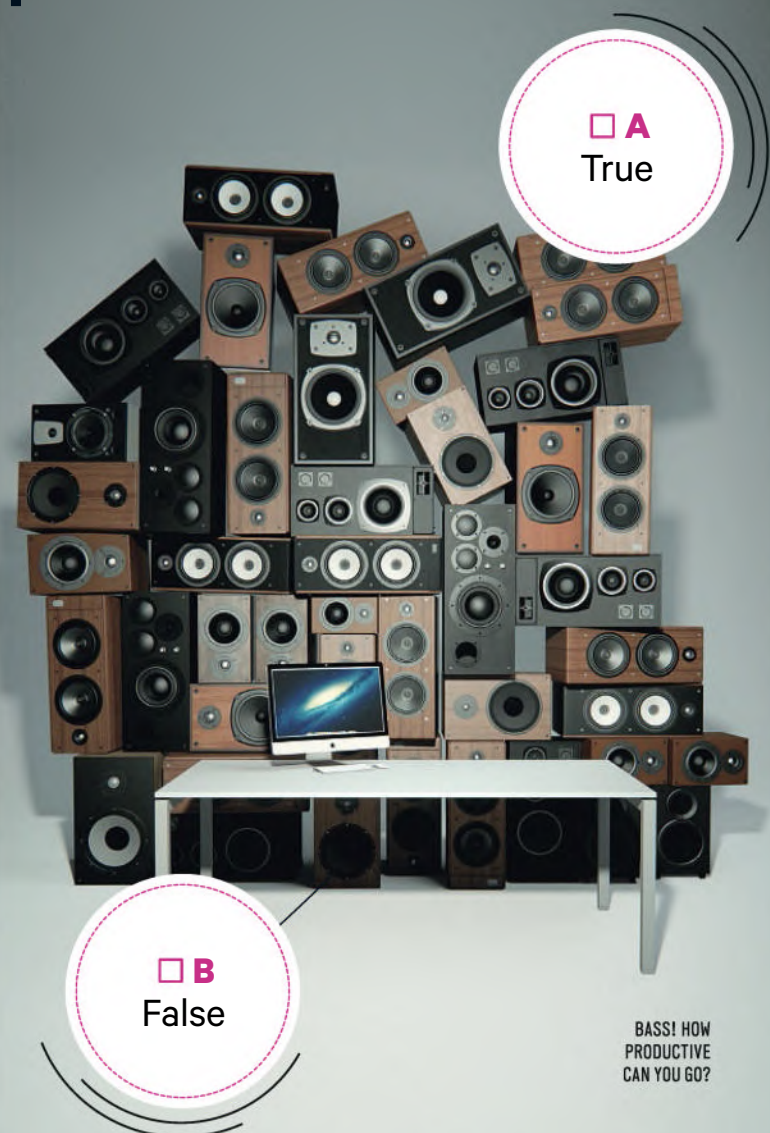
**How many minutes of music do you need for post-gym recovery?**



**C** Plugging in to a track with a steady beat slows your heart rate and cuts blood pressure, reports Massachusetts General Hospital, bringing you back to baseline after a sweaty lunchtime sprint session. We're not yet sure what effect angular math rock will have on a hammering heart, but it's likely not worth testing.

## Q15\

**Music makes you more productive at work...**



**A** But shun your karaoke repertoire. Research by Fu Jen Catholic University in Taiwan found listening to music you love – or, for that matter, hate – distracts you from the task at hand. When locked into a project, an album you're impartial to, or something soothing and lyric-less, has a positive effect. Team ideas meeting? Play a track with a lot of bass: in studies at Northwestern University, this amplified subjects' sense of power and encouraged them to commit to decisions.

## How did you score?

### 0-7

#### PITCH IMPERFECT

Don't be disheartened if you're 'tonally challenged'. Northwestern University studies concluded singing is a learned skill, not simply an innate talent. Search for free online lessons at [vocalist.org.uk](http://vocalist.org.uk) and give your lungs a worthy workout.

### 8-11

#### UP AND COMING ARTIST

A decent score – but next time leave Spotify on. A Middlesex Uni study found those who listened to repetitive music while taking a test got more answers right. The tunes keep your brain active and help you get into a rhythm.

### 12+

#### BABy GOT BACH

Top of the charts. Now help your brain crescendo by putting on Bach or Vivaldi. A Stanford study found that listening to baroque-era music lights up the part of your brain responsible for focus and memory. It's a sound strategy. **MH**



# THE MH DIRECTORY

Look good and feel great with this selection of life-enhancing products

## MULTI-AWARD WINNING LEAN MEATS DELIVERED TO YOUR DOOR

[www.musclefood.com/britishsteakselection](http://www.musclefood.com/britishsteakselection)

Just £19 for an enormous £53.40 Matured, Free Range Steak & Veg Hamper (16 pieces!). Eat like royalty without spending all your pennies – we are offering you £34.40 off because we know you will become hooked!

This stunning selection includes:

- 2 x 6-7oz Matured British Sirloin Steaks
- 2 x 6-7oz Matured British Rump Steaks
- 2 x 6oz Great British Hache Steaks
- 2 x 6oz Peri Peri Hache Steaks
- 4 x 70g Matured British Medallion Steaks
- 500g Chunky Sweet Potato Fries
- 500g Shredded Red Cabbage
- Plus FREE: 2 x 4oz British Lite Beef Burgers

Join thousands of athletes, cover models and gym goers across the UK that are already using Muscle Food to supply them with premium lean meats, fresh veg, high protein snacks and supplements at low prices.

[www.musclefood.com](http://www.musclefood.com) - @MuscleFoodUK - #TweetYourMeat



## IT REALLY WORKS VITAMINS

Vitamins for thicker, faster growing hair, bright skin and healthy nails. A unique formulation of 22 essential vitamins and minerals including Biotin, Vitamin A, C, D, E, Iron, Zinc and a Vitamin B complex for healthy hair, skin and nails. The **ONLY** vitamins to give you a **90 DAY MONEY BACK GUARANTEE** if you don't notice an improvement in the health of your hair, skin and nails. Check out testimonials, photos and lots more at [www.itreallyworksvitamins.com](http://www.itreallyworksvitamins.com)



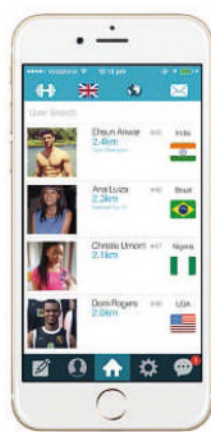
## CARRY YOUR KEYS BETTER

Ever want a better and more stylish way to carry your keys? Orbitkey eliminates key jingles, scratches and clutter. USB drive and bottle opener are also available as add-ons.

Browse the range on [www.orbitkey.com](http://www.orbitkey.com) and enjoy 15% off your purchase by using this code: MENSHEALTHUK until 2.8.2015.

## HOWFIT – TEST YOUR FITNESS LEVELS AGAINST THE WORLD!

HowFit is an exciting new fitness app. Choose your favourite exercises and compete against anyone on the planet. Literally watch yourself go up in the world as you get fitter and climb global leaderboards. Fun competition, powerful motivation! There are awards to be won, including local gym champions and 'National Top 10' medals. Visit [www.howfit.co](http://www.howfit.co) for a FREE iPhone download!



## DON'T CONVERT YOUR GARAGE IMPROVE IT!

Are you making the most of the season or is your summer sports equipment hidden under clutter at the back of your garage? Our modular cabinets and wall storage solutions are the perfect combination to ensure your summer fun is within easy reach and secure. For a free brochure or no obligation quotation please call us on 0845 371 0048 or visit [www.duragarages.com](http://www.duragarages.com)

## CORNERFORD | GENTLEMAN TIMEPIECES

Success matters. It's what the ambitious crave most and what drives their lives. Step back into the age of the 1920's prohibition-era with classic wrist wear. A time where gentlemen ran empires and chased greatness by any means necessary. Integrate some class in your journey to the top of the ladder. Stand out from the rest of the pack. Don't apologise for your success. Join our familia, #JoinThisThingOfOurs [cornerford.com](http://cornerford.com)



## HILDITCH & KEY

Hilditch & Key, Jermyn Street, London are the makers of the finest quality shirts since 1899. For their full collection, see [hilditchandkey.co.uk](http://hilditchandkey.co.uk) or visit their experienced and dedicated professionals in London at 73 Jermyn Street, +44 (0)20 7930 5336.

## THE COLD SHOULDER FAT BURNING VEST

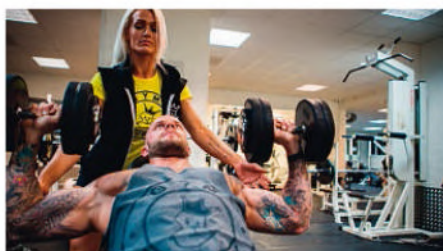
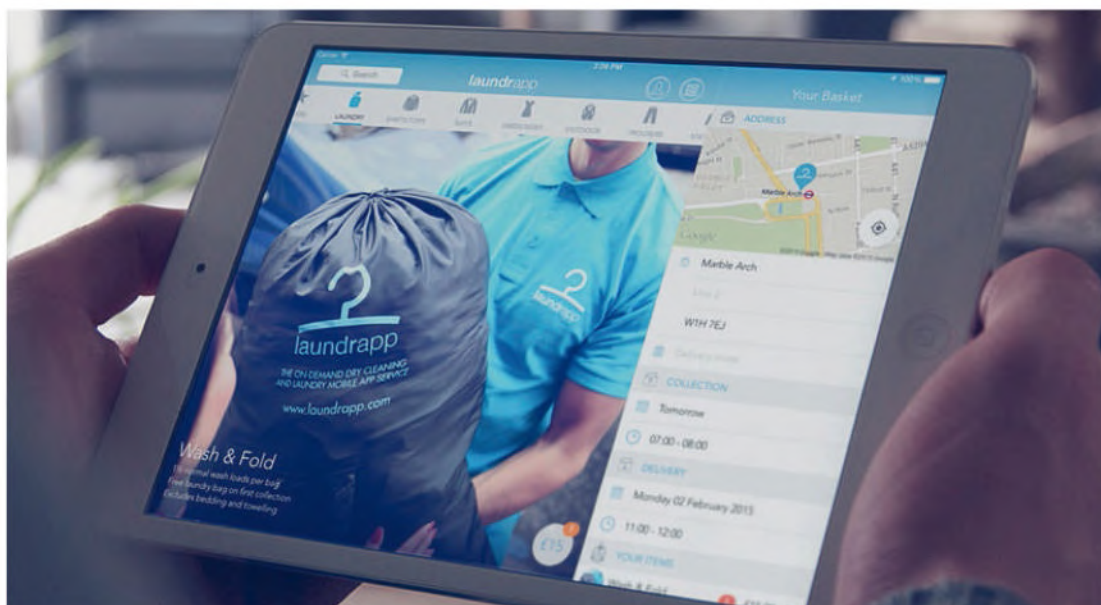
Designed by a NASA scientist, The Cold Shoulder Fat Burning Vest employs ice packs to comfortably cool the body and stimulate your metabolism to burn calories to maintain body temperature. Based on decades of science from Harvard to Cambridge, including the US military and beyond, The Cold Shoulder vest also keeps you cool, as well as aiding in sleep and alleviating minor aches and pains. Visit [ColdSh.com/MHUK](http://ColdSh.com/MHUK) or email [info@ColdSh.com](mailto:info@ColdSh.com)





## A LAUNDRY SERVICE FOR THE MODERN MAN

Tired of scrunching clothes into a bag when you cycle to work? Let Laundrapp collect, clean and deliver your clothes instead – so you have fresh shirts waiting for you. Available seven days a week until late, Laundrapp is London's most popular dry cleaning and laundry app. Don't waste your time doing laundry – relax as Laundrapp collects, cleans and delivers your clothes at a time you choose! Order online at [www.laundrapp.com](http://www.laundrapp.com) or download the app today and use the code MHEALTH for £10 off your first order.



## GYM ROYALTY LAUNCHES ITS LATEST RANGE OF GYMWEAR

Gymwear has evolved, looking good at the gym is no longer just about what's under the clothes. Fitness is fashionable, which is where Gym Royalty stepped in with its fresh range of clothing to meet the demands of today's athletes and fitness community. All of Gym Royalty's clothing is handcrafted in the UK using choice quality fabrics to feel and look good while meeting the demands of your workout every time. Twitter: @iamgymroyalty Facebook: Gym Royalty Instagram: GYMROYALTY [www.gymroyalty.co.uk](http://www.gymroyalty.co.uk)

## NOVSYN+ GET THE MOST OUT OF SPORT



Hyaluronan (HA) + Vit C together play a vital role in lubricating and cushioning joints. Taking Novisyn+ daily contributes to normal collagen formation and normal function of cartilage.

### KEY BENEFITS

- Joint health
- Sports mobility
- Fully tested for banned substances

Order today using **MH25** and get 25% discount!

[www.novisyn.co.uk](http://www.novisyn.co.uk)

**AS USED BY PREMIERSHIP FOOTBALL CLUBS**



## BUILDING MUSCLE SINCE 1994

**Was £79.99, get it FREE at: [www.ripfast.com/mh](http://www.ripfast.com/mh)**

We recently were privileged to get our first order from the son of one of our clients from 1994! Don't fall for gimmicks; Ripfast clients have used this for over 20 years!

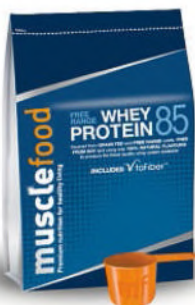
- Fast, Brutal, Effective
- Kickstart Muscle if you've stopped growing
- Sections for any Age/ Beginner & Pro Level
- Full Instructional Video
- Gain Muscle to the size you choose
- Full Nutrition & Abs guide

**Limited time! GET IT FREE at: [ripfast.com/mh](http://ripfast.com/mh)**



## SHOW HER HOW MUCH SHE MEANS WITH THE PERSONALISED ETERNITY BRACELET BY MERCI MAMAN

This lovely and affordable gift (from £39) will be engraved by hand with the names, dates or message of your choice in their London workshop. The team at Merci Maman will hand-craft your bracelet within only a couple of days and they will gift wrap your bracelet in their signature box. Available in both sterling silver and gold plated. For more information, visit [www.mercimamanboutique.com](http://www.mercimamanboutique.com) or call 0207 7311377.



## FREE RANGE WHEY PROTEIN FREE!!

Try our Free Range Whey Protein 85 Concentrate FREE!

The first protein made from Free Range, Grass Fed, Hormone Free cattle and contains more protein per serving than any Whey Protein 80 for no extra cost!

Visit: [www.musclefood.com/mhfreewhey](http://www.musclefood.com/mhfreewhey) to claim your free 250g pouch (worth £6.99) with your order.

[www.musclefood.com](http://www.musclefood.com) - #SWITCHYOURSHAKE

## SNAZZBACKS

Snazz continue to grace the headwear game with cutting edge designs and a constantly innovative approach to fashion. Having recently released part of their summer range in a unique hat-per-day special week dubbed '5 days of Snazz', they've now launched 'Club Snazz', an exclusive headwear membership club.

You can get a membership online, allowing you access to any chosen Snazz hat sent to you weekly with the option of exclusive custom name engraving. Stay Snazzy and order your SnazzBack today from [www.SnazzBacks.com](http://www.SnazzBacks.com)





# ONE WORD ANSWER #17

## QUESTION

Which dietary supplement will make you really, really good looking?

If Tinder has taught us anything (other than never right-swipe when drunk), it's that first impressions count. But it's not your pearly whites that will reel her in, it's what's in your glass. Scientists have found that wine can make you more attractive before you utter your first dulcet "hello". While we at *MH* rarely require persuasion to uncork a bottle of red, new research from Bristol Uni has uncovered yet more reasons to indulge. The study authors found the vasodilation – the flushing of the face that often accompanies a tipple – is perceived as both healthy and appealing. What's more, they confirmed the popular opinion that alcohol improves your mood, leading to relaxed muscles and natural, winning smiles. But before you order the most expensive bottle on the list, note the study found that the perfect amount is one large glass (250ml). Any more and the effect will be less desirable, both for her susceptibility and your head the morning after.

## ANSWER

*Wine*

WITH GRAPE POWER  
COMES GREAT  
RESPONSIVITY





# FESTINA

*Watches since 1902*



**ETERNITY IN A SPLIT SECOND**


Festina Official Timekeeper of Road Cycling




CHRONO BIKE COLLECTION  
LIMITED EDITION



Tel: +0 207 405 5523   sales@uniquejewelry.co.uk

 FestinaUK

 @FestinaCycling & @FestinaWatchUK

[www.festina.com](http://www.festina.com)





#DontCrackUnderPressure



**TAGHeuer**

SWISS AVANT-GARDE SINCE 1860



**AQUARACER CALIBRE 5**

Official Timekeeper of the WSL Big Wave Events. Big wave surfing is all about timing – being right there and ready when the swell of the year is maxing out. Like TAG Heuer, today's top big wave riders live for the challenge and #DontCrackUnderPressure.

[WWW.TAGHEUER.CO.UK](http://WWW.TAGHEUER.CO.UK)

